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Advertiser-News

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"Your Hometown Newspaper"

Volume XXIII Number 24

June 15, 2000

New Playscape Officially Opens At Perry Lane

by Kathy Cassanelli
News Editor

It wasn't even officially open for the business of having fun. But, you'd never have known it from the enthusiasm of the children as they climbed on, slid down and explored the dozens of play features on the new playscape at Perry Lane Park last Wednesday afternoon, June 7th.

As their parents sat together, chatting and keeping a watchful eye on the goings-on, a happy crowd of youngsters stopped their play long enough to join town officials in a photograph at the official ribbon-cutting ceremony.

Accompanying her three children, aged three, six, and eight, to the park, Beth Ceccarini, of Feeding Hills, said they had been going to Shea Field and Borgatti Park before the Perry Lane Park playscape was installed. "There's nothing of this magnitude there," Mrs. Ceccarini said. "It's safe and they don't get bored with so much to do here."

The father of three-year-old twins and a two-year-old, Town Council Vice-President Robert Young was on hand for the opening ceremony with daughter, Brianna.

"We're here every weekend" Young said. "I give Chris Sparks (Parks & Rec Director) and Mike Piccin's DPW maintenance crew credit for a 100 percent turnaround here. Now we just have to maintain the parks and I know the other councilors are very interested in the parks and maintaining them."

Quite An Improvement

Built with \$60,000 from the town's supplemental budget, the playscape is "quite an improvement compared to the outdated and unsafe equipment," according to Sparks.

Designed and completed with playground safety guidelines at the forefront, the new equipment accommodates up to 40 children at a time and is 100 percent wheelchair accessible (with a ramp leading to the structure and transition platforms throughout the playscape for children with disabilities).

Mayor Richard A. Cohen said he and Sparks had agreed that it was important for the playscape to be accessible to everybody. Gesturing to the parents sitting at nearby picnic tables as the kids enjoyed the play features, Cohen said, "As you can see, the kids are playing together and sharing while the parents are gathered at the picnic tables. It's a happy feeling to hear the sounds of children. There are good activities for the kids. It's safe and it can be used by kids with disabilities."

With four new playscapes installed at the town's elementary schools and three new playscapes

SEE PLAYScape - Page 2

Memorial Day Ceremonies In Agawam



STUDENT WINNERS of the annual Memorial Day Poster and Essay Contest were honored for their efforts during the Memorial Day ceremonies on the Veterans' Green. From left: seventh-grader Alyssa Zmaczynski (second-place essay), fifth-grader Myung Sun Ro (third-place poster), fifth-grader Kida Ejese (first-place poster), and seventh-grader Devin Williams (first-place essay). Advertiser News photo by Kathy Shepard.



ERIN LIGHTCAP OF FEEDING HILLS, a recent graduate of Agawam High School and the current "Miss Agawam," rides in a convertible and waves to the crowd along Main Street during the Memorial Day parade on Monday, May 29th. Accompanying "Miss Agawam" are members of the Orville Burt VFW Post 1632 in Agawam. (See additional photos on Pages 14 and 15.) Advertiser News photo by Kathy Shepard.

PLAYSCAPE - from Page 1

installed at the town parks since taking over stewardship of the Parks Department last spring, Sparks said the town has worked for and shown a commitment to giving everyone in town more accessible playgrounds and play areas.

"It makes me happy to be able to make such an impact on the parks thanks to the supplemental budget money," Sparks said. "To be able to walk in and make such improvements is very fulfilling."

"This is the most ADA accessible playscape the contractor has ever put in and may be featured in their advertising brochure," Sparks added. "This is going to fulfill the needs of the Perry Lane Nursery School, the Early Childhood Center, Perry Lane Camp, and the general public."

Young, who served with his wife, Karla, on the Recreation Assessment Committee, said the design for the pre-school playground equipment installed early this spring came as a result of a family vacation.

"It was Karla's idea to have the pre-school playground fenced in and to have the benches put in," Young said. "After we saw a similar playground when we visited Sesame Street Land near Philadelphia, Karla mentioned it to Chris Sparks and now we have a fenced-in area for the pre-schoolers."

Noting the popularity of the new playgrounds with town residents as well as with non-residents, Young said he was beginning to understand why Suffield posts "residents only" signs at their parks. "We've been to the playground in Suffield and I never understood why they have the signs," Young said. "Now I think we may need a similar sign."

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...



ABOUT TO CUT THE RIBBON AT the new Perry Lane Playscape above is Mayor Richard A. Cohen (center) as Town Council Vice-President Robert Young (right of the Mayor) and Parks & Rec. Director Christopher Sparks look on. Resident Beth Ceccarini (left) was there with her three children to try out the new equipment. In right photo: "This is great, Dad," says little Brianna Young, being held by her father, Town Council Vice-President Robert Young. In photo below, the new playscape. Advertiser News photos by Kathy Shepard.



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What Exactly Defines A "Tobacco Shop"?

To The Editor:

Although smoking is banned in restaurants and most other public places in Agawam, it is allowed in retail tobacco stores under certain conditions. At the last City Council meeting, Councilor Kent Servis proposed amending the smoking ban ordinance to include a tobacco store definition. He feels that such a move would "further tighten the original ordinance," which neglected to define these stores.

For a store to be classified as a tobacco shop, a reasonable person would expect the definition to require that more than 50 percent of a store's gross receipts must come from the sale of tobacco products and other smoking supplies. However, such a definition would not exempt the targeted stores from the smoking ban because their gross receipts from Keno and Lottery sales exceed those from tobacco sales.

Councilor Servis' proposal circumvents this dilemma by defining a retail tobacco store as a business "whose primary sales are of tobacco products and related items as far as hard goods are concerned, and by definition, this does not include Lottery sales since that is a service and not a renderable good."

The reasoning here is that revenue from the sale of services doesn't count when attempting to determine a store's main business. Only receipts from the sale of tangible, hard goods should be considered. That is absolutely preposterous! If the same reasoning was applied to a hair salon, you would have to classify the salon's main business as the sale of hair care products, despite the fact that most of a salon's business doesn't come from the sale of products, but from haircuts, perms, facials, manicures, etc.—all of which are services. According to Councilor Servis' thinking, income from these services would not be used to determine the nature of the salon's business because they are not tangible products.

Once again, most councilors voted in favor of Servis' proposal. I'm a little surprised that the three lawyers on the council didn't object to Servis' line of reasoning. Lawyers sell legal services, not hard goods. Using Councilor Servis' unorthodox logic, lawyers would be classified as not being in business at all.

Mike Marieb
Feeding Hills

Granger's Picnic Committee Thanks Area Businesses

To The Editor:

The Granger School Picnic Committee would like to thank the following area businesses for their generous donations for our picnic and raffle held on June 9th:

Cecchi's, Hometown Candle, Stop & Shop, Fran's Restaurant, Mario's Pizza, Tolly's Pizza, The Cutting Edge, The Sand Trap, Giovanni's, Games and Lanes, Valenti's, and Six Flags New England. Also, thanks to H.P. Hood for donating all of the ice cream and whipped cream for our "Make Your Own Sundae" dessert.

This picnic is a wonderful event every year for the students and their families, so please support our local businesses who help us with this and many other events throughout the year. Again, many thanks to all.

Sincerely,
Granger School PTO Picnic Committee

All the local news with us...
Agawam Advertiser News !!

Beautification Comm. Says Thanks For Pyncheon Pt. Help

To The Editor:

The Agawam Beautification Committee would like to recognize Henry Kozloski and Fred Harpin of the Conservation Commission, the Department of Environmental Management, and volunteers from Western New England College for their efforts to beautify Pyncheon Point. Pyncheon Point is a much overlooked treasure. Years of neglect and misuse have resulted in its limited access and its overgrown state. Having such a wonderful resource in Town, it is a shame that it can not be used by more residents.

Thank you for taking the time to clean, weed, and prune the vegetation at the park. Thank yous are also extended to Thomas Russo and the Boglischs for their participation. Your efforts have done much to beautify this piece of valuable Town-owned property.

Sincerely,
Zoafia Demko, Chairperson
Agawam Beautification Committee

Agawam UNICO Thanks Supporters & Community

To The Editor:

Agawam UNICO thanks The Agawam Advertiser News for the coverage of the recent Paul Ferrarini Lick-A-Pop Drive for the Mental Health and Scholarship Funds.

Thank-you's go out to Geisslers, Super Stop & Shop, and Pignatare Texaco Station for their continuing support for the drive over the years.

Thank you, people of Agawam and Feedings Hills, for your generosity, which made this year's drive again a great success. Also, UNICO thanks the people who mailed in donations.

Sincerely,
Dennis A. Marchetto
Agawam UNICO Lick-A-Pop Chairman

Rufo Family Thanks Agawam Fire Dept.

To The Editor:

I am writing this letter in regards to the Agawam Fire Dept. Ambulance. I, as well as my family, would like to thank all personnel involved with providing tremendous care for my father, who has been in need of medical care often.

Not only do they do their job very well, they also put all their heart into their work. We appreciate all they have done. Keep up the good work.

Sincerely,
Victor J. Rufo
Feeding Hills

Resident Relates Bad Experience With Salon

To The Editor:

Because of an establishment that claims to "cut

costs," my daughter went to an Agawam salon to have her hair cut. Everything is a la carte. She had her hair washed for \$2.50 and cut for \$10.95; \$13.45 seems very reasonable so far, doesn't it? My daughter was asked if she wanted her hair blow-dried straight. Not wanting to leave wet, she said yes. She was told it would cost a little more.

Figuring that she had spent "a little more" to have her hair washed, she said okay. When it was time to leave, my daughter was shocked to find out that her total hair experience was \$49.95! Simple math will tell you that they had the audacity to charge \$36.50 to have her hair dried. I was told that I needed to speak with the manager to voice my complaint. The following day, I went there to speak with the manager.

She seemed to feel that \$49.95 was reasonable, especially seeing that my daughter had her hair dried. At this time, we did have a difference of opinion on what constitutes having your hair blow-dried. The manager said that my daughter's hair had been "straightened."

When I said that she had her hair blow-dried, she remarked "they used a brush"! I thought that using a hairbrush was common practice at a hair salon, but I guess I was wrong. Apparently, this establishment charges extra for this luxury! During my talk with the manager, an employee said to me straight-out that my daughter was a liar! (Nice way to speak to a paying customer!)

I will say that I was refunded \$20 for this expensive, insulting experience, and may I add that the only cost that this salon is trying to cut is the cost of their rent!

Never again,
Maxine Cirillo
Agawam

It's Vital For Us To Discuss Important Issues

To The Editor:

It is interesting for all of us to listen and hear the leaders of our state and national government talk about education and health care. On the national level, during the Gore/Bradley debate, we heard about health care and education. Senator Bradley was talking about the broad need for the citizens to have a health care plan of sorts. Vice-President Gore was heavily involved in the debate for health care reform. But listening to the candidates as they vied for their party's nomination, I knew that once the dust settled, the debate for health care would be no more than a debate. At the same time, Bush and McCann battled over campaign finance reform to win their party's nomination.

Now that the two presidential candidates have been chosen by their respective parties (Bush vs Gore or Gore vs Bush), national health care has lost its position in priorities for the citizens and the voters of the country. With regards to education, they only talk about high school, when the standard in the workplace has changed from a high school education to a college education as a requirement for quality jobs. I anticipated, from watching the debates (both the Democrats and Republicans), that these subjects would be somehow lost in the debate both in priority

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The Agawam Advertiser News

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LETTERS - from Page 4
and direction, respectfully.

I am so concerned about the growing costs that we all face with health care and college tuition, that I sent a letter on February 28th of this year to Senator Melconian asking her to draft two pieces of legislation. She did not.

It is my sincere belief that our Commonwealth can supply ALL the citizens with an 85/15 health care service. If you are a state worker, a county worker, or a municipal worker, or if you are elected to any position in the Commonwealth, these individuals enjoy such a health plan. If you are a man or woman on welfare, for whatever reason, you enjoy such a health care plan. If you are a man or a woman incarcerated in our state or county facilities, you enjoy such a health care plan.

It is time that all of the citizens of the Commonwealth, and most importantly, the men and women who work hard every day - who pay the burdensome taxes we all pay, both at the state and federal level - enjoy the benefits that the above-mentioned people enjoy.

With regard to education, being in the real estate industry, I talk with many people who are buying new homes and are refinancing their current homes for a variety of reasons, one of which is college tuition. In our Commonwealth, tuition costs for college have risen so dramatically that there are many students graduating from high school that know that they will not attend college.

There are also many adults in our communities who do not hold a college degree. For these folks, if you currently hold a job, not having a college diploma is not an obstacle; however, lose that job and look for reemployment, you will find the standards almost always require a college background.

At my age of 46, when I was growing up as a teenager, we were told that having a high school diploma would make the difference in the quality of a job one could obtain. The standard has changed three decades later, and a high school diploma alone no longer makes the difference. Parents know quite well

that their children need at least a two-year degree, if not a four-year degree to obtain a quality job. Students/teenagers know the same thing. In speaking with many students throughout my business and political career, the one theme that beams through all of the conversations is, "Why should I work so hard to get a high school diploma if I am not going to college? It is a waste of time." What I believe they are referring to, is that if they can not obtain full scholarships to colleges, or if their parents are not well-endowed financially, they will not be able to fund their tuition themselves. So, they choose not to work as hard in high school and, consequently, this has a rippling effect amongst the student body (which leads to behavioral problems, some of which we see in our schools today). I will not go as far as to say all of our problems in the school systems of the Commonwealth are related to college tuition costs, but I will say that if we provide a substantial incentive that would compel the students to work hard so that they can then meet the new standards that the workplace demands (college education), then we will see a dramatic improvement in attitudes toward education in our middle school and high school students.

For the aforementioned reasons, I asked Senator Melconian to introduce legislation to cover these areas of importance. Unfortunately, late one evening, I was informed by telephone that the delegation would not be taking up these legislative matters. I certainly was perplexed as to the response, and stated since we have a representative form of government in our Commonwealth, it was an obligation to produce the legislative request in the form of a bill; once again, the remark was, the delegation would not be taking up this legislative issue.

Well, it is important for all of us to discuss these quality of life issues. We all contribute into the Commonwealth, and as Webster says, "A Commonwealth equals one founded on law and united by compact or tacit agreement of the people for the common good, and one in which the supreme authority is invested in the people."

We should, and we will discuss these issues. There

is no democracy without open debate. Democracy can only survive with a free flow of ideas, which is debate. We will, we shall, debate these quality of life issues before November 7, 2000.

Abe Kasparian
Agawam

Agawam Little League Should Play Ball

To The Editor:

To The Agawam Little League Bd. Of Directors:

This is in response to the game the board made our team forfeit.

On June 3rd, our team, Dodgers, was scheduled to play at 8:30 a.m. We had one boy away on a family trip, one boy excused for a scout function, and two boys that were in the state cup tournament for Maple soccer.

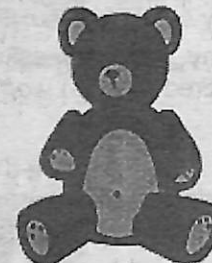
Our coach contacted the coach on the team we were to play and the coaches that were playing at 11:00 a.m. to see if we could change the time so we could field a team. All coaches agreed. When our coach went to tell the league, they told him he could not do this. No reason was given.

Could it be there was some conflict of interest and the board wanted our team to have its first loss? Our team wanted to play and what is the difference if we played at 11:00 a.m. or 8:30 a.m.? It was a matter of different times on the same day. If the coaches involved did not mind, then why should it make any difference to the board of directors?

The most important thing here is to let the boys play baseball. I would like to have the board reconsider and allow our team to make this game up.

Concerned Parent,
Sherry A. Kreps
Agawam

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"A Piece Of The News"

by Kathy Cassanelli
News Editor

What A "Ruckus"!

It could be said that **Mayor Richard A. Cohen** was raising a ruckus last month. But you'd have to spell ruckus with a capital R. As in Ruckus, the Jack Russell terrier who slipped away from his Edward Street home only to be nearly hit by the Mayor driving home.

Seeing that the pup was obviously lost and disoriented, Cohen retrieved the little guy in the hopes of driving around the neighborhood in search of his family. Lucky for Ruckus, he was wearing his dogtag, and the Mayor was able to reunite him with an ecstatic little boy and his very relieved father.

"It was just so nice to see them so happy, and for the little boy to have his dog back," Cohen said. "This shows the importance of having an ID collar on your dog."

From The June 5th Town Council Meeting

John J. Chriscola, Jr. of 41 Channel Drive, Agawam, was confirmed for reappointment to the Liquor Licensing Commission for a term expiring on the first Monday in June of 2005.

Jay O'Sullivan of 81 Elizabeth Manor, Agawam, was confirmed for reappointment to the Veterans' Council for a term expiring April 1, 2002.

Council Approves Special Police Force

With one abstention, the Council was unanimous in approving an amended version of a resolution sponsored by **Councilor Robert Rossi** asking the state legislature to pass a special act establishing a Special Police Force in place of the Auxiliary Police.

Under Rossi's original proposal, police officers who have retired or resigned under honorable conditions would have been given the first right of appointment to the newly designated Special Police Force. After Councilor Jill Simpson questioned the provision giving preference to retired police officers, several councilors raised concerns over the effect that would have on those who are already serving as Auxiliary Police.

Councilor Anthony Bonavita asked, "Shouldn't we state they (the retired officers) won't be excluded

rather than being given a preference?"

Rossi explained that there is no exclusionary rule, but retired officers have just not been appointed as auxiliaries in the past.

"This will get our police officers who have devoted most of their adult lives to their training the opportunity to work in this program which has not been the policy in this community," Rossi said. "What better people do you have out there than the people who've devoted their entire lives to their training?"

If the legislature goes along with the proposal, the new special police officers will continue to be appointed by the mayor, as the auxiliaries were. However, the new Special Police Force will be under the direction and control of the chief of police rather than the civil defense director.

The primary responsibilities of the special police officers will be traffic duties and special events, like Halloween, Rossi said.

"We're coming into the busy season with Six Flags open daily and school getting out soon," Rossi noted. "There's going to be an increase in demand for police services."

Giving kudos to the Auxiliary Police for the "tremendous job" they've always done, **Mayor Richard A. Cohen** said, "We want to maintain the way the auxiliary functions now, although they won't be under civil service. This won't affect the full-time officers, but it will allow us to appoint retired officers to the Special Police Force."

Cohen said the full-time officers will still have first dibs on job posting for special assignments during their off-duty hours. "But, there's enough jobs during the day, with Six Flags and everything else, for everyone to work," Cohen said.

Councilor Gina M. Letellier abstained from voting both on the amendment and on the resolution because her father is a retired police officer and could possibly gain from the proposed Special Police Force.

Smoking Amendments Approved In Split Votes

Two amendments to the ban on smoking in restau-

rants enacted by the previous council were approved in split votes.

An amendment aimed at easing restrictions on smoking in a restaurant bar where there is no separation between the bar and the restaurant passed its first reading in a 9-2 vote. Before the amendment takes effect, it must pass two more readings before the council.

Voting in favor were **Council President Robert Magovern, Council Vice-President Robert Young, and Councilors Robert Rossi, Richard Morassi, Anthony Bonavita, Gina Letellier, Dennis Perry, Joseph Mineo, and Kent Servis.** Voting against were **Councilors George Bitzas and Jill Simpson.**

Under the terms of the amendment, smoking will be allowed in restaurant bars where there is no separation between the restaurant and the bar when the dining room is closed and empty of patrons.

Councilor Morassi said the new provision came at the suggestion of the Health Department as a compromise solution. The problem of equal protection for a few existing businesses where the bar and restaurant cannot be separated by a partition because the buildings do not allow for a separate entrance would be solved by allowing smoking after the dining room is closed, according to the amendment's sponsors and supporters.

But, Councilors Simpson and Bitzas did not agree.

"This weakens the original ordinance passed 11-0 by the previous council," Bitzas said. "I would prefer to see those few restaurants put in a partition."

Mrs. Simpson said the businesses that had gone to the expense of putting in a door or entrance to separate the dining room from the bar would have a right to be upset if the amendment was approved.

"For instance, Take Five went ahead and made the changes," Mrs. Simpson said. "Other bars didn't comply. Now we're saying because some didn't want to comply, we'll change the ordinance so they can have smoking."

SEE "PIECE OF THE NEWS" - Page 7



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"PIECE OF THE NEWS" - from Page 6

A second amendment to the ban on restaurant smoking passed its second reading, but an objection by Councilor Simpson stalled the third and final reading until the next council meeting.

The amendment will allow smoking in retail tobacco shops where the sale of pre-packaged food items (candy, gum, potato chips, and the like) is incidental to the primary sales of tobacco and related products.

Councilor Servis said, "By redefining retail tobacco stores and eliminating stores that sell beverages, this will get around the glitch caused by the town having one food license whether you are selling gum or food."

Voting in favor were Council President Robert Magovern and Councilors George Bitzas, Kent Servis, Dennis Perry, Joseph Mineo, Robert Rossi, Richard Morassi, and Gina Letellier. Against were Council Vice-President Robert Young and Councilor Jill Simpson. Councilor Anthony Bonavita abstained.

"My father owns a package store," Bonavita said. "I have to abstain from the vote on the advice of the Town Solicitor."

Clarification:

In a June 8th story on the Town Council school budget sub-committee, it was reported Councilor Richard C. Morassi said he'd like to make it clear that the committee wants monthly written progress reports from the school department.

In clarification of his intent, Councilor Morassi said, "Monthly progress reports would be nice, but it is clear that the School Committee is not obligated to give them to the Council, in my opinion."

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Kasparian To Run for State Senate



CANDIDATE FOR STATE SENATE, ABE KASPARIAN, JR. hands in his statement of financial interests to Christine, of the State Ethics Board in Boston.

Agawam Vets' Council Begins "Remember Old Glory" Project

The Agawam Veterans' Council has begun a town-wide project called REMEMBER OLD GLORY. The purpose is to continue the spirit of patriotism shown Memorial Day, educate the public on the proper display and care for the flag, and recommend that flags in need of replacement be turned into the American Legion Post 185 for proper retiring at a ceremony scheduled for October 2000.

During the month of June, Veterans' Council mem-

bers and community volunteers will be taking notice of businesses displaying the American flag and the condition of the flag. Letters of recognition and appreciation will be mailed to those business owners who show exceptional patriotic display of the flag.

If you would like to know more about proper flag etiquette, please contact the Veterans' Services office at 786-0400, ext. 236.

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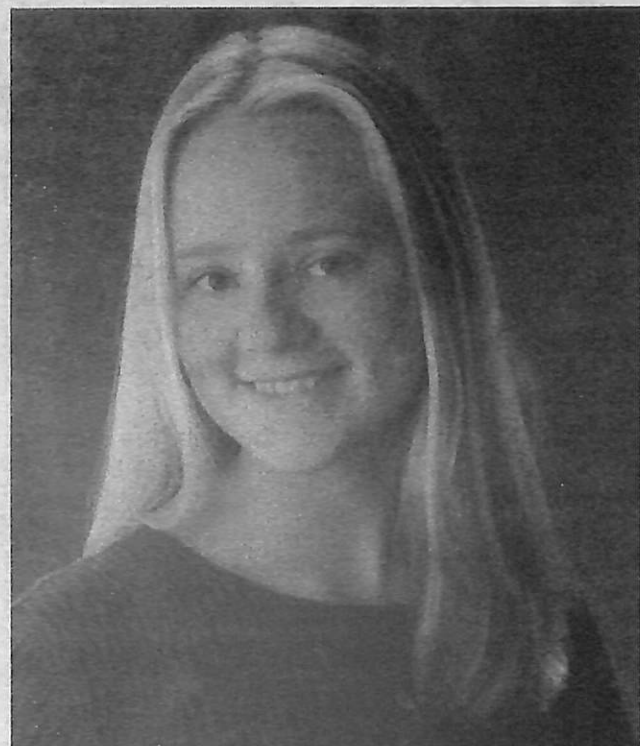
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JEN NIEDZIELA

Jen Niedziela To Work As Summer Intern for AAN

Jen Niedziela, daughter of David and Janine Niedziela of Feeding Hills, will be joining *The Agawam Advertiser News* staff on a summer internship. She will be working as a staff writer and will contribute pictures.

Jen, entering her second year at Holyoke Community College, is a member of the AHS class of 1999. While at AHS, Jen spent two years on the student-produced paper, the MIRROR, as a news/editorial writer and photographer, serving her senior year as the photography editor.

While on the MIRROR, her writing and photography skills were acknowledged with awards at journalism conferences held at HCC and American International College, awards including best news story, best editorial, and three for outstanding photography.

Active in student activities, Jen served as photography editor for the SACHEM yearbook, was the president of National Honor Society, a member of Quill and Scroll, a member of the As School's Match Wits team, and part of the Academic Decathlon team.

As an engineering student at HCC, Jen has achieved Dean's List standing both semesters, and is the general manager of WCCH 103.5 FM, the college's radio station.

Mayor Recognizes Academy Dancers



DANCERS FROM THE ACADEMY OF ARTISTIC PERFORMANCE in Feeding Hills were given a proclamation from Mayor Richard A. Cohen in front of Town Hall for their participation in Nat'l. Dance Week. Pictured with Cohen are Meagan Phillips, Nicole Witaszek, Arianne Brust, Gina Iannuzzi, Clara Bertagnoli, & Allyson Witaszek. Advertiser News photo by Kathy Shepard.

Town Recognizes E.M.T. Week



IN RECOGNITION OF NATIONAL E.M.T. WEEK, Mayor Richard Cohen (center) presented a proclamation to Agawam Fire Dept. E.M.T.'s. From left - Deputy Fire Chief Steven Martin, E.M.T. Chris Bilodeau, Mayor Cohen, E.M.T. Paul Fenn, and Fire Chief David Pisano. Advertiser News photo by Kathy Shepard.

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5 Lbs. Or More	\$1.69 Lb.
10 Lbs. Or More	\$1.39 Lb.
Fresh Ground Round	
5 Lbs. Or More	\$2.49 Lb.
10 Lbs. Or More	\$1.99 Lb.
Whole Butt Tenderloin	
(Trimmed - No Fat)	\$8.99 Lb.
Whole Boneless Top	
Sirloins	\$2.39 Lb.
Center Cut Pork	
Chops	\$1.99 Lb.
Country Style Ribs	\$1.89 Lb.
Loin End Roast	\$1.69 Lb.
Boneless Roast	
(Cut From Loin Or Rib End)	\$1.99 Lb.
Fresh Ground Pork	\$1.69 Lb.
Whole Pork Loin	
(Cut To Order)	\$1.69 Lb.
Grade "A" Skinless & Boneless	
Chicken Breast	\$1.99 Lb.

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Land O' Lakes White American	
Cheese	\$3.69 Lb.
Danish Havarti With	
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Russer German Bologna	\$1.69 Lb.
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Russer Kielbasa Loaf	\$2.69 Lb.
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Willow Brook Turkey	
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Store-Made "All White Meat"	
Chicken Salad	\$4.99 Lb.

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Bananas	.39 Lb.
Nectarines (Large Size)	.99 Lb.
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(5-Lb. Bag)	\$1.49

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Town Council Agenda For June 19th

1. Citizen's Speak Time
2. Roll Call
3. Moment of Silence and the Pledge of Allegiance
4. Minutes - Regular Council Meeting of 6/5/2000
5. Declaration from Council President
6. Presentation of Petitions, Memorials & Remonstrances
 - (a) Resolutions
 1. TR-2000-32- A Resolution Amending the Council Rule #5 Duties of Presiding Officers Concerning Agenda Review Meetings (Coun. Bitzas, Bonavita, Mineo, Servis).
 2. TR-2000-33- A Resolution Rescinding a Loan Order in the Amount for the Construction of a Water Main in Main Street in the Town of Agawam (Mayor).
 3. TR-2000-34- A Resolution Amending Council Rule #9 Filing Deadline concerning Submission to Solicitor (Coun. Bitzas, Bonavita).
 7. Report of Council Committees
None.
 8. Elections
None.
 9. Public Hearings

- (a)
 1. PH-2000-7- (TR-2000-29)-A Resolution Adopting the FY2001 Annual Operating Budget and the Capital Improvement Program for FY2001-FY2005 for the Town of Agawam (Conduct Public Hearing)(Mayor).
 10. Old Business
 - (a)
 1. TOR-2005-An Ordinance to Amend Ch. 36 entitled Smoking in Public Places (Coun. Morassi, Rossi)(2nd Reading).
 2. TOR-2000-6-An Ordinance to Amend Ch. 36 entitled Smoking in Public Places (Coun. Servis, Mineo, Perry)(3rd Reading).
 3. TO-2000-41-Application for License for one (1) automatic amusement device (Machine #49) for Six Flags New England West, 1623 Main St., Aga., MA.
 4. TO-2000-42-Transfer-\$40,000 from Dept. of Public Works - Water Division - Water Surplus Fund (60100-31510) to Main Street Water Line (31444-52000)(Mayor).
 5. TO-2000-43-Transfer-\$10,000 from Municipal Golf - Reserved for Appropriation (65263-55000) to Municipal Golf - Food (65263-52220)(Mayor).

FireWise... It Only Takes A Minute

by Fire Chief David Pisano

Fire is hot, deadly, and fast. It only takes a minute for a fire burning in a house to grow to three times its original size. In four minutes, it grows to 11 times its size, and in six minutes, it reaches 50 times its original size. The average temperature within eight minutes can reach 1,250 degrees!

Your actions during the early stages of a fire can dramatically affect the amount of damage that is done:

1. Alert everyone in the area that there is a fire and to start evacuation.
2. As you leave the area where the fire is located,

close the door to confine the fire.

3. Call the fire department (911) from a neighbor's. Remember, a fire grows quickly and you could become trapped.

4. Once everyone is out of the building, make sure they stay out.

You should not try to fight the fire until the first three steps have been completed. Also, if you cannot get within three to five feet of the fire, if it is more than five feet in height, or if it has spread beyond the point of origin, you should leave the area, closing the door behind you.

Keenan & Melconian Co-Sponsor Health N.E. Access Bill

The Health New England Access Bill will come to a crucial vote in the State Legislature soon. The bill, which is co-sponsored by 10 local lawmakers, would require Health New England - an HMO owned in part by Baystate Medical Center - to give Mercy Hospital in Springfield fair and equal access to its 100,000 subscribers.

Among the sponsors of the bill are State Representative Daniel Keenan and Senate Majority Leader Linda Melconian.

"Only Mercy Hospital, part of the Sisters of Providence Health System (SPHS), is denied a full contract and access to Health New England (HNE). HNE won't allow the people it insures to see physicians or other healthcare professionals contracted with SPHS. It won't cover services provided by SPHS, including Mercy Hospital," stated Knapik.

"Mercy Hospital is a valuable resource for the Pioneer Valley. It employs more than 4,000 people and pays more than \$100 million in combined salaries and benefits. In fiscal 1999 alone, they provided nearly \$15 million in community benefits and programs to people in need - dollars that did not come from our local or state taxes," said Keenan.

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-Coupon-

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& UNION NEWS**

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expires 6/29/2000

Edward Kellogg, Newly Appointed Agent, Devoted To Veterans' Concerns

by Kathy Shepard
Feature Editor

Edward Kellogg, the town's newly-appointed veterans' agent, has served as president of the Agawam Veterans' Council for the past five years. Kellogg will continue to serve the committee as member and secretary since his appointment to the administrative post. He believes that serving veterans is his "calling in life."

The Veterans' Office at Town Hall is running smoothly, even though former veterans' agent Ruth Bitzas, who Kellogg replaced, has retired after 18 years. Kellogg spent a week working with Mrs. Bitzas, opening his mind to all she could pass on. He did not miss a beat, sending in the weekly column to *The Agawam Advertiser News* on veterans' issues even during his first week in the position.

"We are here for the veterans of Agawam, Southwick, Tolland, and Granville. Anyone who needs to seek guidance can contact us, and if we don't have the answers, we find them. Sometimes a veteran just needs to talk, and it seems to help to know that another veteran can be found here, if for no other reason than just to share memories and to relate.

"Recently, a woman called who was writing a genealogy/history of military people in her family and needed to know what word was used to denote women who joined the Coast Guard. We were able to provide her with the answer, which was 'SPARS.'"

Kellogg added, "Since I began my post as veterans' agent, we have seen a great interest in the Korean War Commemoration Anniversary. Agawam has been designated to be a "Commemorative Community" by the federal government. We have a large supply of commemorative buttons, booklets, and pins recollecting the Korean War. We are especially proud of the Commemorative Flag of the Korean War, which carries the slogan, *Freedom Is Not Free*," Kellogg told us.

When a veteran comes into the office, Kellogg always asks if they are a member of the American Legion, the Veterans of Foreign War, the Veterans Hospital, or some other service organization. "If they are not, I encourage them to become a member and take advantage of these groups. If the numbers do not show up for budgets, then these facilities could be closed, but by supporting the organizations, we can



NEW VETERANS' AGENT Edward Kellogg addresses the gathering at the Veterans' Green in Agawam Center during Memorial Day ceremonies. Advertiser News photo by Kathy Shepard.

ensure that they will always be there for the various good purposes they serve," he said.

The Bell Tower at Veterans' Green in Agawam Center epitomizes this principle. "This is more than a monument. Look at the names," Kellogg urges. "These are your neighbors."

Impressive Service Record

Kellogg's service record and dedication to veterans' events are impressive. He is a retired Vietnam-era veteran, having enlisted in 1969 and serving in the Coast Guard for 20 years. He chose the Coast Guard because of a love of the ocean and also because the Coast Guard protects the waters of the United States.

Kellogg spent two years on the Barnagat Light Ship, 16 miles off the coast of New Jersey, after his basic training. The Light Ship served as a beacon for ocean-going vessels, directing them into New

York Harbor.

For the next five years, Kellogg was with the Cape May Search and Rescue Station, Cape May, New Jersey. During this tour of duty, he was involved in boating safety, maritime law enforcement, and rescue work. The bulk of his career, however, was involved with Drug Interdiction and Maritime Law Enforcement.

He was sent to Tampa, Florida to work with boating safety regulations and education, and from there, he traveled to Sarasota, Florida to serve as the executive officer on the 82-foot patrol boat, "Point Thatcher." This boat handled seizure of drugs around Key West and in the Gulf of Mexico. "We confiscated hundreds of tons of marijuana," Kellogg said.

During the rest of his career, Kellogg served at Station New London, Connecticut; another tour of duty at Cape May Rescue Station; as executive officer at Ocean City, Maryland; and finally, as a member of the commissioning crew of the Coast Guard Cutter Escanaba in Boston. The Escanaba is a 270-foot law enforcement and rescue cutter serving the east coast of the United States. He was the ship's first chief boatswainmate and is an original plankowner.

Kellogg's retirement took place in 1989 after 20 years of serving. When Mrs. Bitzas requested a council to assist her in making arrangements to carry out veterans' activities, chiefly flagging graves, Memorial Day and Veterans' Day activities, Kellogg was one of the first to volunteer. He has served as an Agawam Veterans' Council member for over four years and as president from 1994 to 2000. He became a member of the Agawam American Legion Post 185 in 1996.

SEE KELLOGG - Page 11

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on our first Father's Day without you.*



George Bernier
Passed away on Feb. 19, 2000

"The Day It Snowed"

*I held your hand and let you go
to Heaven, I cried
the day it snowed.*

*I never thought I could feel such sorrow.
Will I forget you today or tomorrow?*

*You were there when I was
conceived, and I was there at last you breathed.*

*I wonder if you'll ever know
how my heart broke,
The Day it Snowed.*

*This is a tribute to the best man we'll ever know. We will never
forget you Dad,
our pain will never go away!*

We love you

From your girls-Dori, Debbie & Chris

KELLOGG - from Page 10**Family Among Founders Of Feeding Hills**

His background suited him well for ocean work during his career. His family, who were among the founders of the Feeding Hills section of Agawam, owned a summer home on the coast of Maine when he was a child. His love of the water led him to teach swimming at the YMCA and to become a camp counselor/water ski instructor at Lake Norwich in his high school years.

Ed and his wife, the former Joyce Humphrey, reside in Belchertown. Joyce is also involved with the

military and is currently a colonel with the Army Reserve, and commander of the 399th Medical Division in Taunton. "This binds us and enhances our lives and careers," Kellogg commented.

Kellogg has two children from his first marriage; Tracy, currently living in Alexandria, Virginia, and David, who lives in Providence, Rhode Island. Both have always been involved in their dad's military career and both attended Agawam High School. He also has three stepsons in his marriage to Joyce.

Among other goals, Kellogg wants to see an "avenue of American flags to stretch from Southworth Paper Company to the upcoming Veterans' Cemetery

along Main Street during parades." He also encourages all veterans to become involved with organizations to sustain their rights and keep them in touch with other veterans.

Having survived the difficult Vietnam period in American history, when soldiers needed courage not only against their enemies, but also against the attitudes of some of their own countrymen, and having performed a courageous job against criminals running contraband, Kellogg emerges with plenty of energy and knowledge of veterans' affairs. He managed his responsibilities for the Memorial Day ceremonies as if, indeed, it was his calling in life.

JUST ONE WEEK AWAY: The AAN's annual "Graduation Issue" will be published on Thursday, June 22nd, featuring coverage of AHS and collegiate graduates and this year's scholarship recipients.

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MEMBER F.D.I.C.





Families

What's Her Secret?.....

Never Say O-L-D And Keep A Sense of Humor

by Kathy Cassanelli
News Editor

Despite what we may say about not wanting to be reminded that we are a year older, most of us enjoy the cards, calls, and visits from family and friends wishing us a "happy birthday."

But, few of us enjoy the perks of adding one more candle to the cake as much as Rhea Duclos of Agawam did last week.

After all, most of us aren't adding our 100th candle to the cake nor are we accepting birthday greetings from President Clinton, U.S. Senators John Kerry and Ted Kennedy, U.S. Representative Richard Neal, the Massachusetts State Senate, Auditor, Secretary of State, and the Governor.

And it's not often that most of us are the guest of honor at a family reunion attracting relatives from as far away as Montana, Texas, Washington State, Colorado, North Carolina, Georgia, and Florida. Not to mention Connection.

Surrounded by her family and friends in The Danahy Schoolhouse congregate living kitchen and community room, Mrs. Duclos celebrated her 100th birthday on Wednesday, June 7th.

After accepting the birthday citations from national, state, and local officials presented by Agawam

SEE 100TH BIRTHDAY - Page 13



CELEBRATING HER 100TH BIRTHDAY LAST WEEK was Rhea Duclos of Agawam. She is being congratulated by Agawam Housing Authority Executive Director Christian Quatrone. Looking on are family members Patricia Perrault (daughter), Lawrence Duclos (son), grandchildren, & great-grandchildren. Advertiser News photo by Kathy Shepard.



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Seared Sea Scallops - Seared sea scallops with asparagus risotto and a sun-dried tomato porcini mushroom merlot demi glaze.

ENTREES:

Scallion-crusted Mahi Mahi - Scallion-crusted mahi mahi with mango vanilla bean peppercorn vinaigrette over vegetable-herbed couscous and wilted baby greens.

Osso Bucco - A braised veal shank in a sweet chianti wine reduction served over saffron risotto and summer vegetables.

Enjoy Spring Nights in the Bistro Lounge with the sounds of:

Thursday, June 15 - Classical Pianist Vadim

Friday, June 16 - Piano Vocalist Kevin Burns

Saturday, June 17 - Pianist Natalie Borowiec

7:00 P.M. - ???

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Every Monday Night is Pasta Night

Special Pasta Dinners

\$9.95

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Tuesday - Steak Night.....\$9.95

Choice of 12 oz. Sirloin with Baked Scrod or 10 oz. Teriyaki
Steak with Baked Stuffed Sole

Wednesday - Pasta Night.....\$7.95

Any Pasta from our Menu

Seniors Night.....\$7.50

Thursday - Specials.....\$9.95

Baby Back Ribs, Double Pork Chops or Cajun Chicken

Friday - Zuppa De Pesce.....\$13.95

Sunday - Steak & Baked Stuffed Shrimp.....\$9.95

12:30 p.m.- 3:30 p.m.

Specials cannot be used or combined with any other discount offers or programs

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Early Bird Specials - Starting At \$6.95

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100TH BIRTHDAY - from Page 12

Housing Authority Director Christian Quatrone, Mrs. Duclos blew out the traditional birthday candles and posed for photos with her children and grandchildren gathered around.

"I can't believe I ever lived to have anything like this. I'm just a plain old Jane," Mrs. Duclos said. "I never expected all of this."

"All of this" was just the beginning of the festivities planned to mark the centennial for the mother of four, grandmother of 19, and great-grandmother of 34.

On Sunday, Mrs. Duclos was to preside over a family reunion at Maines Field near her daughter Patricia Perrault's home in Florence. With catering by the Northampton Country Club and plans in the works for bocci, volleyball, and washer horseshoes, the reunion promised to be a great time for the 67 adults and 25 children expected to attend, Mrs. Perrault said.

Second Family Reunion

"This is our second family reunion. We had the first in 1992 and this one was prompted by my mother's birthday," Mrs. Perrault said. "I think it'll be wonderful. I made up fliers telling everyone she loves to sing and she loves those scratch tickets—what else can you give someone at this age?"

In addition to great food, fun games, and family reminiscences, the reunion is sure to feature a family sing-a-long, especially of Irish ballads. Lawrence Duclos of Longmeadow recalled how his mother brought down the house at the BPOE #61 Lodge in Springfield. They're still talking about it months later.

"I was named 'Irish Elk of the Year' and my mother came to the dinner-dance and brought the house down singing *It Was Only An Irishman's Dream*. I told her she stole my thunder and I'd never be taking her anywhere again," Duclos joked.

Swedish Midsummer Celebration Planned For Sat., June 17th

Brage-Iduna Lodge No. 9, Vasa Order of America, a Swedish-American Fraternal organization, is planning a Swedish-style Midsummer Celebration on June 17th.

The event is being held at the Turnverein, Garden Street, Feeding Hills and will start at 2:00 p.m. with the decorating of the Midsummer Pole (Maypole). There will be dancing and singing around the Maypole with traditional accordion music by Kurt Bischoff. At

According to her son, Mrs. Duclos has lived an extraordinary life, overcoming unbelievable physical challenges and illnesses, including infantile paralysis at age three and tuberculosis at age 18. In 1938, transplanted tissues in her leg allowed her to walk again; in 1965, she suffered and recovered from a stroke; and, in 1973, she fully recovered from Parkinson's Disease after three years of treatment with the drug L-Dopa.

"She's been just amazing," Duclos said. "Now the only thing wrong is slight arthritis in her back."

Duclos said he would be taking his mother to physical therapy for exercise training and working out. At the sight of the sweatshirt purchased for her exercise sessions, Mrs. Duclos joked about becoming a weightlifter. That sense of humor is just part of his mother's philosophy on living a long life, according to her son.

"She always says, 'Never say you're o-l-d and always keep your sense of humor,'" Duclos said. "And now doctors are finding out that laughter is the best medicine."

Mrs. Duclos is the widow of Lawrence L. Duclos, who died in 1976. A resident in the congregate living unit at Danahy since 1988, Mrs. Duclos is living just up the street from where her husband was born in the old schoolhouse, where his parents had attended school (and later bought as the home where they raised 11 children), Mrs. Perrault said.

After his retirement from the Boston & Albany Railroad, Mr. Duclos became a developer and built the homes on Duclos Drive in Feeding Hills. Born in Agawam, Mr. Duclos moved back to Agawam with his wife in 1956.

The couple had four children; Lawrence of Longmeadow, Patricia Perrault of Florence, Kenneth, deceased, and Charles of Agawam.

5:00 p.m., a picnic supper will be served (\$10 for adults, \$3.50 for children nine and under), for which reservations are required.

The event is open to the public and people of Scandinavian heritage are specially invited to take part in this traditional, Swedish Midsummer Fest.

For reservations and further information, please call 413-734-5001.



PETER ERMIE, JR. & JOY-ANN CONTE

Joy-Ann Conte & Peter Ermie, Jr. Engaged To Wed

Joseph and Bernadette Conte of Feeding Hills are proud to announce the engagement of their daughter, Joy-Ann, to Peter Ermie, Jr. of Toledo, Ohio. He is the son of Mary Catherine and Phil Caron, and Maria and Peter Ermie, all of Perrysburg, Ohio.

Joy is a 1993 graduate of Agawam High School and graduated from the University of Rochester, New York, with a bachelor's degree in biology and in health and society in 1997. She is employed as the director of quality assurance at MicroTest Laboratories, Inc. in Agawam. She is pursuing a master's degree in public administration.

Pete is a 1988 graduate of Perrysburg High School and a 1993 graduate of the University of Toledo with a bachelor's degree in mechanical engineering. He is a corporate manufacturing engineer for Toledo Molding and Die Corporation in Toledo, Ohio.

An October 2000 wedding is planned.

*Best local news with us, each
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Father's Day Pancake Breakfast At The Italian Sporting Club

A Father's Day Pancake Breakfast will be held Sunday, June 18th from 8:00-11:30 a.m. at the Italian Sporting Club, 349 Cooper St., Agawam.

Proceeds from the event will benefit the Chief Grady Memorial Scholarship Fund. Cost is \$3.50 for adults and \$2 for children.

The Italian Sporting Club officers and committee members include Rudy Altobelli & Anthony Chicketti, co-chairmen; Anita Hastings, secretary; Robert Rossi, treasurer; and Scholarship Committee members Kay Muzzy, Martha Jerry, Bob Swikalus, Louis Ball, Matt Blackak, and Ben McCullough.

For tickets, call 789-4168.

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Commemorating Memorial Day In Town Of Agawam



LAUREN AND LINDA LONGHI (in front) Gail Nadok and Alwyn Shepard (in back) were all smiles while watching the parade. Advertiser News photo by Kathy Shepard.



LOCAL OFFICIALS march down Main Street during the Memorial Day parade. From left to right: Town Council President Robert Magovern, Mayor Richard Cohen, Town Clerk Richard Theroux, and State Representative Daniel Keenan. Advertiser News photos by Kathy Shepard.



STATE REP. DANIEL KEENAN addresses the gathering on the Veterans' Green on Memorial Day. Advertiser News photo by Kathy Shepard.



LONG-TIME TOWN COUNCILOR GEORGE BITZAS (far left) waves to the crowd. Members of the Town Council, including Jill Simpson, Gina Letellier, and Anthony Bonavita (pictured above) were among the participants in the parade. Advertiser News photo by Kathy Shepard.



LINDA WOJCIK of the Agawam Housing Authority proudly wore the colors as a parade marcher. Advertiser News photo by Kathy Shepard.



KIDS LOVE TO MARCH IN PARADES: Members of Scout Pack 75 demonstrated their patriotism by participating in the Town of Agawam's Memorial Day Parade on Main Street. Advertiser News photo by Kathy Shepard.

Memorial Day - A Time Of Reflection And Thanks...



AN HONOR GUARD OF VETERANS proudly marches down Main Street in Agawam during the town's Memorial Day parade. Advertiser News photo by Kathy Shepard.



IN RECOGNITION OF THE 50TH ANNIVERSARY OF THE KOREAN WAR, veterans of that conflict were proud to march down Main Street during Agawam's Memorial Day parade. Advertiser News photo by Kathy Shepard.



MEMBERS OF THE AGAWAM VETERANS' COUNCIL walk the Main Street route on Monday, May 29th, during the Town of Agawam's Memorial Day parade. Advertiser News photo by Kathy Shepard.



ENJOYING THE PARADE: School Committee member Susan Dawson, Town Councilor Gina Letellier, and School Committee member Roberta Doering. Advertiser News photo by Kathy Shepard.



"OLD GLORY" is raised during Memorial Day ceremonies at the Veterans' Green in Agawam Center. Advertiser News photo by Kathy Shepard.



AN HONOR GUARD stands at attention while "Amazing Grace" is played on the bagpipes at Veterans' Green. Advertiser News photo by Kathy Shepard.

"Vista" Available At Local Record Shops...

Justin Casinghino Releases First CD

by Kathy Cassanelli
News Editor

Never mind that he's been a teacher and a professional musician since before he was old enough to vote, or that he's just earned two degrees from a prestigious music school in the time it takes most folks to earn a single degree. And, he's already toured Europe.

At 21 years of age, Justin Casinghino is five years behind in his own musical timetable because he's just released his first CD. "Vista" by ... the casinghino seven... has been a work in progress since his days as a student at Agawam High School.

"I've been mad at myself every year since I was 16 because I didn't have a CD completed," Casinghino said in a recent interview at his home, where the album's piano tracks were recorded. "But, it feels really good to have an album at 21 years-old. I know I kind of put some people through hell to get the quality I was looking for, but I'm putting my name on this and my father is putting his name on it. I'd rather not have done the album than not to have done it the way I 'heard' it when I first wrote the songs."

Put together with the help of Tony Impoco at Crooked Hook Records in Agawam, the album falls solidly within the rock genre. But, the music, described by Casinghino as "intellectual music," clearly shows his grounding in jazz, his classical training, and blues influence as well.

"It's a very eclectic mix of a lot of different styles and includes one flat out jazz ballad," Casinghino said. "It has so many styles, I think all ages will like it and people don't get tired of listening to it. Older people like it and my six-year-old cousin, Becca, likes it, too. It has a very fresh, hep beat, but there's a lot here that is accessible to older audiences, too. We're not just marketing to one group."

Not A Single Note Of Synthesized Music

With not a single note of synthesized music, "Vista" features instrumentation, like strings and a live brass section, not normally heard on a rock group's first album. "The instrumentation and the fact that I drew on my skills as a classical composer are what makes this album sound like a very professional piece rather than like a demo-sounding album a rock group might put out as their first recording," Casinghino said.



AGAWAM HIGH GRADUATE Justin Casinghino has released his first CD, a work in progress since his days at Agawam High School.

Recorded in an unconventional style in order to avoid using any synthesized music whatsoever, the album features separately recorded piano, brass, and drum tracks. "We couldn't get our baby grand piano to the studio at a reasonable cost and I absolutely wouldn't use synthesized piano, so we recorded the piano at home and then went to the studio to put it all together," Casinghino said.

Dedicated to his grandfather, Carlo Casinghino, the album is a family affair. All of the music was written and arranged by Justin Casinghino; Justin wrote half of the song lyrics; his cousin, Carl, a poet and teacher (from Suffield, CT), wrote the rest of the lyrics.

The album was co-produced by Justin and his father, Bob "Papa" Casinghino, who also served as engineer (assisted by cousin Rebecca Lynne Cote), played organ, and contributed backup vocals.

In addition to using musician-classmates from The Hartt School and from his days with the Agawam High School band to get the sound he was looking for, Justin called on his brother, Jesse Casinghino, to play drums and provide backup vocals.

Although the product is musically up to his exacting standards, "Vista" struck one sour note with

SEE JUSTIN CASINGHINO - Page 17

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6.95

Directions: From Sarat Ford, climb North Street hill. James Street is 5th street on right. Watch for signs.

JUSTIN CASINGHINO - from Page 16

Casinghino; the album cover contains many misspellings - including several creative spellings for Casinghino. Somehow, the wrong copy - the version with all the misspellings still intact - was sent to the printer.

Ever the optimist ("The glass is half full and there's always another beer in the fridge."), Casinghino notes that subsequent printings will have the errors corrected, but the group is hoping the first printing becomes a "collector's item."

"Vista" can be found at Record Express stores in West Springfield and Connecticut, Music Outlet in Enfield, and Gordon LaSalle Music in Agawam. For information regarding music lessons, play dates for ...the casinghino seven... or to purchase a copy of "Vista," Justin can be reached at home by calling 789-1428.

A 1996 graduate of Agawam High School, Justin recently graduated cum laude from The Hartt School with bachelor's degrees in classical composition and jazz performance. In the fall, he will begin working on a master's degree in classical composition at the Longy School of Music in Cambridge.

Until then, Justin will continue teaching piano, saxophone, flute, clarinet, and harmonica and playing with ...the casinghino seven... and other groups throughout the Springfield and Northampton area.

Wilson Thompson Auxiliary Unit 185 will hold a pot luck dinner at Agawam Post 185 to raise funds for the Auxiliary Emergency Fund on Saturday, June 24th, from 6:00 to 8:00 p.m. The donation is \$6.

The Auxiliary emergency fund was established in 1969 to provide financial assistance to Auxiliary members during times of emergency or dire need. The fund is maintained through contributions from units, departments, and individuals, as well as through perpetual memorials established in the name of a beloved family member or a special Auxiliary member.

"Women Helping Women" is a philosophy of the American Legion Auxiliary. When an Auxiliary member has an unexpected financial emergency, we can be there to assist her through the Auxiliary Emergency Fund (AEF). This fund is our way of lending a helping hand to a fellow member who needs some assistance. A caring friend can make all the difference by helping her hold onto her home or car, or providing food to feed her family. The Auxiliary can be a caring friend through AEF.

The AEF provides fast emergency assistance when no other help exists. For further information, contact Mary Ellen Morissette at (413) 789-7278.



WILSON THOMPSON POST 185 Color Guard members (from left): Kenneth Morytko, Post Adjutant; Paul Danahey, Post Sergeant-of-Arms; and Dennis Ward, Post Financial Officer.

Shuffleboard Tournament Slated For July 25th At St. John's Field

The Agawam Senior Center has announced that there will be a Shuffleboard Tournament on Tuesday, July 25th. The competition will start at 10:00 a.m. and continue until there is a winner. It will take place at St. John's Field on Leonard Street. You are asked to bring your own lunch. Beverage and dessert will be provided.

Since this will be our first attempt at a tournament, our format will evolve as we find out how many con-

testants we have. We hope we will be able to have both singles and doubles. Rules will be posted a week before the tournament. In order to prepare for the tournament, it would be wise to practice in advance.

Janice Scherrnerhorn will be at the courts every Tuesday afternoon from 1:00 to 3:00 p.m. to help. The game is so easy to learn that new players would be ready for the tournament with a little practice. Players can use the courts at any time. Just pick up the cues,

discs, and scoreboards at the Senior Center and return them at the end of play.

Also needed are volunteers as scorers and helpers to run the tournament. There will be a sign-up sheet at the Senior Center. It would be a help if those interested would sign up by July 20th. There should be quite a few shuffleboard players from Florida, the Senior Games, and new players. We're looking forward to seeing you there!

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The AAN's
Annual
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Heritage Hall Recognizes Volunteers At Annual Banquet



IN PHOTOS ABOVE, (left) CEIL TAYLOR (center) receives one of the "Full Life" Volunteer Awards at the Annual Volunteer Recognition Banquet held recently by Heritage Hall Nursing Homes. Looking on are Kim George (left), Heritage Hall's director of Volunteer Services, and Lisa Parent (right), Heritage Hall North Building activity director. In center photo, Kim George (right), congratulates Kristin Borgatti, the recipient of the Heritage Hall 2000 Scholarship. In right photo, the Volunteer of the Year Award for Heritage Hall Nursing Homes was presented to Mary Jo Guy (left). Helen Manning, Heritage Hall East Building activity director, is pictured congratulating Mary Jo. Advertiser News photos by Kathy Shepard.

N.E. Center For Marriage & Family Therapy Open House

The New England Center for Marriage and Family Therapy will have an Open House on Saturday, June 17th from 2:00-4:00 p.m. The Center is located at the Agawam Professional Center at 335 Walnut St., Ext., Suite 200.

The New England Center is conducted by Gloria Stewart and Andrea Golzmane, who are licensed Marriage and Family Therapists with wide experience in domestic violence counseling, divorce mediation, sexual abuse evaluation and treatment, anger and stress management, group therapy, and a comprehensive multisystems approach in marriage and family therapy.

At the Open House on Saturday, June 17th, there will be 10-minute presentations offered in groups of three to five persons on premarital counseling, anger management, and parenting skills.

The public is invited.

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American Legion Post 185

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Benefit Dance For Sadie Walker Planned For Friday, July 7th

A benefit dance in honor Sadie Walker Stanley, a victim of breast cancer, is scheduled for Friday, July 7th from 8:00 p.m.-12:00 midnight at the John Boyle O'Reilly Club, 33 Progress Avenue, Springfield.

Donation is \$15. Music by The Bards will be featured and a raffle will be held.

For more information, call Nora Smigiel (her sister) at 789-3860.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... AAN!!!

NATIVE ASPARAGUS WHILE IT LASTS!

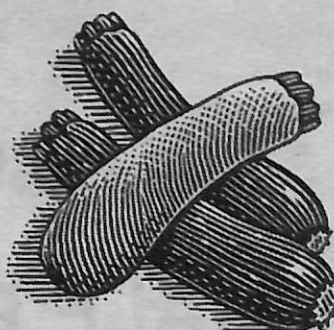
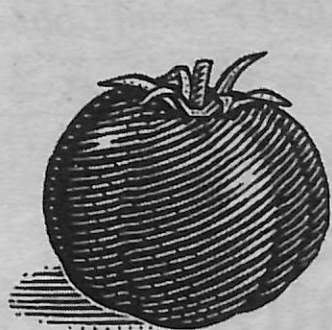
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MASTER SGT. JOHN ROSE is seen above receiving the Army Commendation Medal and being congratulated by Colonel Oliver Mason, Jr. (left), Battalion Commander of the 1st Battalion 104th Infantry (Light) Mass. Army National Guard.

Mst. Sgt. John Rose Earns Army Commendation

On June 10th, Master Sergeant John Rose of Feeding Hills was awarded the Army Commendation Medal by Colonel Oliver Mason, Jr., Battalion Commander of the 1st Battalion 104th Infantry (Light) Mass. Army National Guard.

MSG Rose was presented the award for exceptional meritorious service as Brigade Motor Sergeant assisting the 1st Battalion 104th Infantry during the period of August 1, 1998 to June 10, 2000. His initiative, foresight, and exceptional ability contributed immeasurably to the increase of equipment readiness status of the 104th Battalion.

MSG Rose's comment to the Battalion Commander, "I was just doing my job to the best of my ability, and the mechanics under my supervision are the ones who made it possible."

The award was presented during a change of command ceremony at Apremont Memorial Park in Westfield.

LEGAL NOTICE

TOWN OF AGAWAM NOTICE!!!

You are hereby notified that a public hearing will be held at Agawam Middle School Cafeteria, in the Town of Agawam, Massachusetts, at 7:00 o'clock p.m., on Thursday, June 22, 2000 upon petition of Western Mass. Electric Company dated May 4, 2000 for permission to: erect a new pole in the ways or parts of ways designated in said petition, along which designated route of line you are an owner of real estate as determined by the last preceding assessment for taxation.

Dated this 12th day of June, 2000.

Information regarding this petition may be obtained from Western Mass. Electric Company in Springfield, Tel. No. 785-5871.

PETITION # DRG 1366

STREET Garden Street

Ursula Retzler
Clerk of the Council

Published: June 15, 2000

Be sure to check our classified ads
each and every week - AAN

AGAWAM SCHOOL DEPARTMENT HIGH SCHOOL CLERK WANTED

High School Clerk - School Year - Send Resume To
Agawam Public Schools

Mr. Donald J. Charest, Deputy Superintendent
1305 Springfield St., Feeding Hills, MA 01030
no Later than June 28, 2000.

The Agawam School System does not discriminate on the basis of race, color, sex, religion, national origin, or handicap in compliance with section 504



AT THE NEW MEMBER DINNER MEETING OF THE KIWANIS CLUB held recently at Take Five Restaurant in Feeding Hills, Agawam, from left: Len Anair, Maria Smith, Neal Smith, Nancy Whitehead, Kip Lariuel, Tim DeCamp, Cindy Herring, and George Nagle. Standing: Joe Herring. Advertiser News photo by Kathy Shepard.

Kiwanis Club Inducts Four Agawam Residents

The West Springfield-Agawam Kiwanis Club recently inducted six new members at a special dinner meeting at the Take Five Restaurant.

The new members are Timothy DeCamp, David E. Fedor, Cindy Herring, and Neal Smith, all of Agawam. Also admitted were Kip Larivee and George Nagle of West Springfield.

Guest speaker for the evening was Michaela Kirchner, Governor of the New England District of

Kiwanis. Kirchner, a resident of Sheffield, spoke on the role of Kiwanis in today's economy when communities depend more on service clubs like Kiwanis.

Here in Agawam, the club awards an annual scholarship to a graduated senior at Agawam High. Next month, together with the Agawam Police Department, the club will run a Bike Rodeo for the kids of the city.

Anyone wishing more information on the Kiwanis Club may call 734-2168.

Floral Concepts Spring Open House And Garden Tour

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Got A Hair, Nail, Or Beauty Problem? Send Us A Note, And We Will Answer It In Our Column...

QUESTION: I like to go out with my friends on Friday or Saturday nights, but after a long week at work my eyes and complexion look tired. What can I do?

ANSWER: Puffy eyes or dark circles can be caused by lack of sleep and/or increased amounts of alcohol, salt, or caffeine. Heredity has been a factor in persons with dark circles. If a special occasion is coming up, then remember that the night before is when you should try to get enough sleep. If this is not possible, then a power nap can help.

Apply cucumber or potato slices to your eyes while resting. Avoid a liquid or cream moisturizer around the eyes. Use a gel moisturizer like Oil of Olay firming eye

gel instead. Try keeping it in the refrigerator to chill; this can also help with the puffiness. Next, choose a concealer that is slightly lighter than your natural skin tone or foundation shade. Apply a thin coat gently with your pinkie finger or a concealer brush so you don't stress your delicate eye area. Blend a damp cosmetic sponge and set with a neutral-toned powder. Now apply eyeshadow and liner to the top of the lid, keeping with natural tone colors. Mascara should be added to the top eyelashes only to draw attention to the top of the eye. Don't forget to pluck the stray eyebrows to keep your eyes looking well-groomed. **Tip:** If you are one of those people who have unruly eyebrows, try putting a little brow gel or hair spray on your eyebrow brush. While still wet, brush brows in place for a nice hold!

Your skin can also look tired and dull if you are lacking sleep and water. To get that fresh look before a night out, try using an exfoliant on your skin. There are many facial scrubs and cleansers with grains added to help remove the outer layer of the skin so that the surface looks and feels smoother. Facial masques are also a quick fix for smoothing out skin texture. When purchasing these products, look for ones labeled gentle and non-drying. Always try these products ahead of time to make sure you are not sensitive to them or end up with an allergic reaction. Using a light moisturizer will alleviate dryness and allow your makeup to go on smoothly. Apply foundation choosing a color to

match your skin tone. Any color too light or dark will be noticed immediately.

You do not need to apply this to your entire face, but instead concentrate on areas that need skin tone blending as this will give you a more natural look. When choosing a powder, again choose a color to blend with your natural skin tone. Loose powder is light and easy to use, while pressed is portable and great for touch-ups. Whichever one you choose, remember to blend well so it does not look cakey. Oily skin tends to show a shine so purchase a powder with oil-control ingredients, while dry skin should choose a powder with a moisturizing base. Pick a blush color to look as if it is a natural part of your skin. Powders are easiest to control and are great for any skin type. Very dry skin should choose a cream base to avoid a chalky look.

Light- to medium-skinned women look most realistic with colors like pink, rose, apricot, and peach. If you have dark skin, a wine or plum shade is beautiful. Bronze or amber can also give a nice glow to this tone. Finally, a lip liner should be a neutral shade close to your natural lip color to define the shape of your lips and keep your lipstick from "creeping." In general, the deeper your skin tone, the deeper your lipstick shade should be.

Now have a great time, wherever you may go! And remember ... *Beauty is our Business!*

Thought for a smile: Receiving roses for no reason.

- Agawam Obituaries -

James A. Beattie

James A. Beattie, 72, of Longmeadow and formerly of Feeding Hills, a one-time Vermont National Guard commander, died recently at Mercy Hospital in Springfield.

An Army veteran of the Korean War, he was a sergeant first class in E Company of the 1st Battle Group, 172nd Infantry Regiment, 43rd Infantry Division. He served in Korea from 1950 to 1952, and retired as a first lieutenant in 1964 after 20 years' service.

He commanded the Vermont National Guard from 1947 to 1955.

He formerly lived at 89 Norris Street in Feeding Hills.

He was a 23-year supervisor for Insurance Services Organization of East Hartford, Connecticut, and a rate setter for the state of Connecticut. He retired in 1983.

Born and schooled in Northfield, Vermont, he received a bachelor's degree in business administration and an Army commission from Norwich University in 1960. He was an associate member of the Society of Fire Protection Engineers and was listed in the "Who's Who of Fire Protection Engineers."

He was a life member and past commander of Sorrel Mawnard American Legion Post 63 and a life member of Veterans of Foreign Wars Post 667, both

in Northfield, and a life member of the 43rd Infantry Division Association.

He leaves his wife, the former Zama Wynne; three sons, Wynn J. of Debary, Florida, Matthew J. of Feeding Hills, and Patrick J. of Easthampton; a brother, Gary J. of Harpswell, Maine; a sister, Georgia Beattie of Minnesota; and two granddaughters.

The funeral was held at Colonial-Forastiere Funeral Home and Sacred Heart Church, both in Feeding Hills, with burial in Calvary Cemetery, Northfield.

Memorial contributions may be made to the American Lung Association, 393 Maple Street, Springfield, MA 01105, or the Multiple Sclerosis Society, 425 Union Street, West Springfield, MA 01089.

Pauline Bulat

Pauline (Drenzek) Bulat, 77, of Suffield, Connecticut, died recently in an Agawam nursing home.

She was born in Suffield.

She leaves her husband of 55 years, Mitchell V. Bulat; two sons, Mitchell V. Jr. of West Suffield and Ronald of Agawam; two daughters, Patricia Leithoff of

SEE OBITUARIES - Page 21

Ag. Senior Center's Weekly Lunch Menu

Monday, June 19th: Pasta egg soup, ham salad on roll, pickled beets, plum.

Tuesday, June 20th: Baked chicken breast, sweet potato, peas, whole wheat bread, tapioca pudding.

Wednesday, June 21st: Ziti w/sauce & meatballs, tossed salad, Vienna bread, cake.

Thursday, June 22nd: Pork chops w/gravy, mashed potatoes, spinach, rye bread, apricots.

Friday, June 23rd: Baked scrod, baked beans, cole slaw, pumpernickel bread, pears.

(Menu subject to change without notice.)

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Feeding Hills

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DOORS OPEN 4:30 P.M.

**ALL PAPER GAMES
TWO WINNERS TAKE ALL**

S AUTOMATIC VERIFICATION S

OBITUARIES - from Page 20

Feeding Hills and Paulette Sundberg of Queensbury, New York; four brothers, two sisters; seven grandchildren; and a great-grandchild.

A graveside service was held in St. Joseph Cemetery, and memorial contributions may be made to any charity. The Heritage Funeral Home, West Suffield, was in charge of the arrangements.

Mary Bushey

Mary (Dineen) Bushey, 81, of Agawam, died recently at a West Springfield nursing home.

She was a clerk at Massachusetts Mutual Insurance Co. of Springfield for 13 years, and was active in small theatrical groups in Greater Springfield.

Born in Springfield, she was a 1937 graduate of the former Classical High School, and lived in Longmeadow for 15 years before moving to Agawam 25 years ago.

Her husband of 52 years, William E. Bushey, died in 1996.

She leaves two sisters, M. Margaret Reed and Trudy E. Dineen, both of Fairfield, Connecticut.

The funeral was scheduled to be private, with burial at the convenience of the family. There were no calling hours, and Colonial-Forastiere Funeral Home was in charge of the arrangements.

James Clark

James Clark, 92, former superintendent of the Agawam public schools, died recently at a Canton, Connecticut nursing home.

He headed the Agawam schools from 1954 until his retirement in 1971. The former South Elementary School was renamed the James Clark Elementary School in his honor.

He was previously the school superintendent in Coventry, Rhode Island, and in Deep River, Connecticut. Before that, he supervised the newly-created Hartford branch of the University of Connecticut, which was established to accommodate returning World War II servicemen and women.

From 1941 to 1943, he was the principal of Whitcomb High and Grade School in Bethel, Vermont, where he also taught mathematics, physics, history, and chemistry, and coached basketball and baseball. His first job in education was a 1934 appointment as athletic director and mathematics instructor at the Burr & Burton Seminary in Manchester, Vermont.

A second lieutenant in the Army Air Forces during World War II, he taught physics to pre-flight cadets and theory of flight in French to Maquis (French Resistance) cadets at Maxwell and Craig Air Bases in Alabama, and applied personnel management to officers of the Eastern Flying Training Command.

He belonged to the Agawam Lions Club, participated in the administration of the Little League and Babe Ruth League, and was president of the Cooperative School Service Center at the University of Massachusetts.

He lived in Farmington, Connecticut.

His first wife, the former Barbara Chapman, died in 1981, and his second wife, the former Phyllis Shafer, last year.

He leaves a son, Thomas C. of Canton; a daughter, Judith B. McCausland of Agoura Hills, California; a sister, Agnes Wesley of Cumberland, Rhode Island; five grandchildren; and a great-grandchild.

A memorial service was held on the afternoon of

Wednesday, June 14th, at Agawam Congregational Church, with a private graveside service in Hillcrest Cemetery, Springfield. Dickinson Streeter Funeral Home was in charge of the arrangements.

Jennie M. Davis

Jennie May (Pattison) Davis, 93, of Agawam, died recently at a local nursing home.

Born in Agawam, she was a Brownie Scout leader and the vice prefect of the Sodality at All Souls Church in Springfield.

She was predeceased by her husband, Joseph W. Davis.

She leaves two daughters, Beverly Longo of Suffield, Connecticut, and Barbara Army of Windsor Locks, Connecticut; a brother, William Pattison of Port Charlotte, Florida; three sisters, Frances Fearn of Agawam and Ilean Messier and Marion Galvin, both of West Springfield; six grandchildren; and 11 great-grandchildren.

The funeral was at Colonial-Forastiere Funeral Home and St. John the Evangelist Church, with burial in Center Cemetery.

Memorial contributions may be made to the Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01104.

They both died in Lantana on May 14th.

He was a former golf professional in Western Massachusetts and was born in Springfield. He leaves five brothers, John, Joseph, Michael, Felix, and Pat, and two sisters, Rose Montebello and Maryrose Cicotte, all of Agawam.

She was born in Sharon, Massachusetts, and

Aldo A. Mancini

Aldo A. "Butch" Mancini, 72, of Agawam, died recently at Baystate Medical Center in Springfield.

He was a U.S. Postal Service clerk in Springfield for 33 years and retired in 1991. He also worked at American Saw Manufacturing Co. of East Longmeadow for 15 years.

Born and schooled in Springfield, he moved to

Agawam in 1957.

He was a member of the West Springfield Dante Club and played football for the Springfield Worthy's Travel team in his youth.

He was a World War II Navy veteran.

His wife, the former Florence S. Chechile, died in 1998.

He leaves two sons, Aldo A. Jr. and Bruce A., both of Feeding Hills; two daughters, Francine M. Mancini-Cancedda of New York City and Karla M. Young of Feeding Hills; a brother, George of Springfield; and five grandchildren.

The funeral was held at Colonial-Forastiere Funeral Home and Sacred Heart Church in Feeding Hills, with burial in Springfield Street Cemetery. Memorial contributions may be made to any charity.

Daniel J. Maruszczak

Daniel J. Maruszczak, 71, of 26 DePalma Street, Feeding Hills, died recently at a local nursing home.

He was an electronics technician for Hamilton Standard Division of United Technologies Corp. in Windsor Locks, Connecticut. He also was a former general manager of radio station WMAS of Springfield, an engineer and announcer at radio station WHYN of Springfield for nine years, and worked at radio stations WTIC and WDRC in Hartford, Connecticut, for many years.

Born in Springfield, he lived in Agawam for many years and attended American International College in Springfield. He was a communicant of the Basilica of St. Stanislaus, Bishop and Martyr, in Chicopee.

He leaves his wife, the former Dorothy A. Majeski; two sons, Daniel J. Jr. of West Springfield and Joseph P. of Warwick, Rhode Island; and three grandchildren.

The funeral was held at Agawam Funeral Home and the basilica, with burial in the parish cemetery, both in Chicopee.

Memorial contributions may be made to the Hospice of the Pioneer Valley, 50 Maple Street, Box 9058, Springfield, MA 01102-9058, or St. Thomas School, 75 Pine Street, West Springfield, MA 01089.

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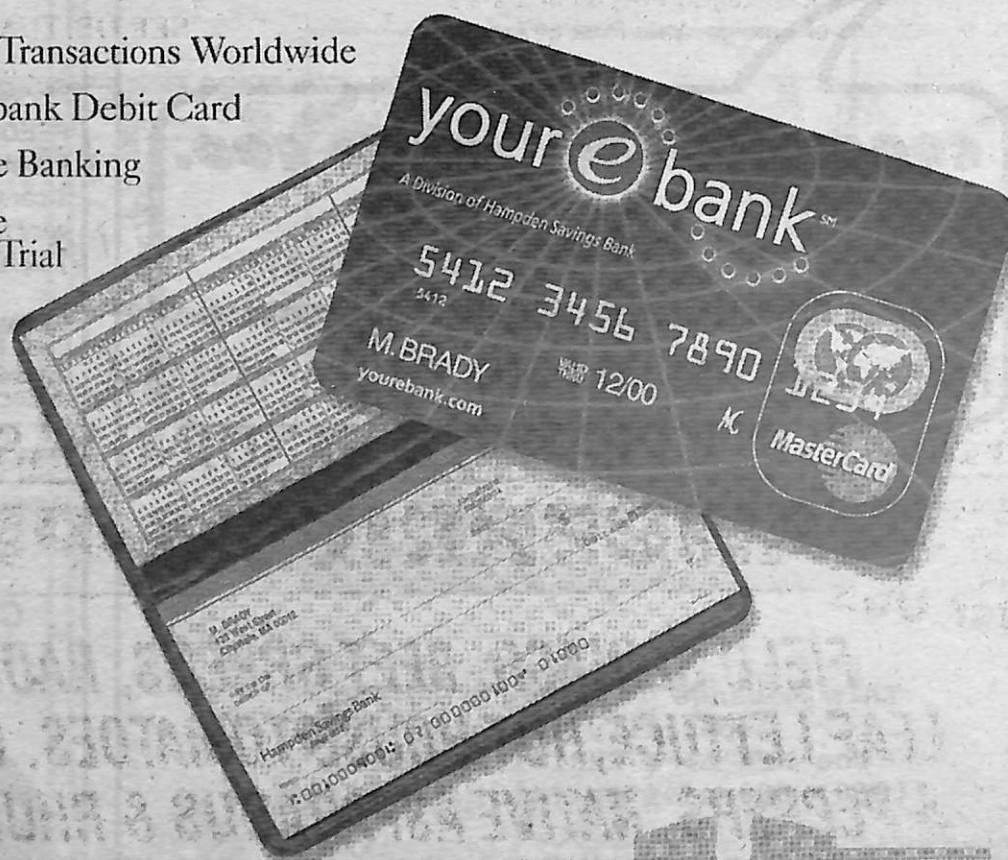
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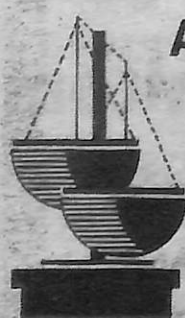
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Church News

Catholic Women's Club Names New Officers



THE AGAWAM CATHOLIC WOMENS' CLUB recently held its annual banquet at East Mountain Country Club in Westfield. Elected officers for the 2000-2001 club year were, from left: Betty Ciempa, director; Jackie Toussaint, secretary; Theresa Barlow, second vice-president; Joan Malinoski, president; Angela Beaudry, treasurer; Mary Gontzaruk, first vice-president; and Janet Wysocki, assistant treasurer. IN RIGHT PHOTO: Attending the Annual Banquet of the Agawam Catholic Women's Club included, from left, Jo Ann Hagen, Sheryl Mardeusz, and Bea Hamel. Advertiser News photos by Kathy Shepard.

Activities At First Baptist Church

Children's Sunday will be celebrated this Sunday, June 18th. Members of our pre-school class through our senior high will participate in the service. There will be special music, songs, and recitations (some of which have been written by the children). Camperships will be awarded, Bibles presented, and our high school and college graduates will be recognized. We invite you to join with us and enjoy this end-of-year celebration.

On Saturday, June 17th, there will be a car wash at the church (760 Main Street, Agawam) sponsored by our young people. It will be open for business from 7:30 a.m. to 4:00 p.m.

Church office hours are 9:00 a.m. to 12:00 noon and can be reached at (413) 786-7300.

Valley Comm. Church To Conduct Tag Sale Saturday, June 24th

Valley Community Church will conduct a TAG SALE, Saturday, June 24th from 9:00 a.m.-4:00 p.m. The public is invited to donate items to the "church table" or you may rent your own space for \$15.

All "clean" items are welcome for this annual event. Call (413) 562-0100 or (413) 786-2445 for more information or just plan to "treasure hunt" at 152 South Westfield St. in Feeding Hills, MA high atop the hill.

All the local news with us

Church News From Faith Bible Church

Due to a few glitches, we will not be breaking ground for our new Youth Chapel until the week of July 4th. We are still making a few changes and working out some additional features, then it will be time to start the digging. The excitement just keeps building, as we have really outgrown our present building with all of the new families joining the church. Many new children means we need to provide space for Sunday

SEE FAITH BIBLE - PAGE 23

GOOD MORNING, THIS IS GOD.

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FAITH BIBLE - from Page 22

School and a new Youth Chapel.

Our tag/bake sale is still being planned for September, and many items are already being stored in basements and attics as people are cleaning out places they have been putting off.

On Friday, June 23rd, the youth from the surrounding churches are having a rally at Six Flags/Riverside for the entire day. This plans to be a fun-filled day for all of the children attending. Anyone interested in going for the day may call the church at 786-1681.

The women are still meeting on Tuesday mornings for Women's Bible Studies from 9:30 to 10:30 a.m., and nursery is always provided.

Calendar From Ag. Congregational

The Agawam Congregational Church (745 Main Street, Agawam) shifts to its summer schedule this Sunday, June 18th, with its Morning Worship service being held at 9:30 a.m. The Reverend Eric Bascom will speak on "A Message for the Bored-Again Christian," based on the Gospel reading in John 3:1-17.

This year's Vacation Bible Camp, "HolyWord," will be held from July 24th through July 28th, with Suanne Hansen in charge.

Men are invited to join the Men's Prayer Time, which meets at 7:45 a.m. on Tuesday mornings. We read from the devotional guide "Upper Room" for meditation and discussion, with time for coffee and fellowship.

2001 Costa Rica Tour: Anyone interested in a guided trip to Costa Rica in the early part of the year, please call Bill Martin at 789-1063 for more information.

Third Annual Baseball Trip: If you are interested, please call Bill Martin at 789-1063.

For more information concerning any of our events, please call the church office at 786-7111.

Calendar Of Activities From Sacred Heart Church

RECIPIENT OF THE PIUS X AWARD: On Tuesday evening, May 30th, at 7:00 p.m. at St. Michael's Cathedral, Teresa Holl received from Bishop Dupre the Pius X Award. To be eligible, one must be involved with some aspect of Religious Education for five successive years.

Teresa Holl is this year's parish recipient of the **Pius X Award**. On the parish level, Teresa is receiving the Award at the Sunday 9:00 a.m. Mass.

She has been a kindergarten teacher in the "I Am Special" program for the past eight years. She is reliable, creative, and enthusiastic with her children.

Teresa is the wife of Herb and the mother of Christopher and Alicia. She is currently a teacher at Agawam Middle School. She has been involved in both Boy Scouts and Girl Scouts.

CATHOLIC OBSERVER SUBSCRIPTION DRIVE 2000: Get your Catholic news from the right source, the local source - *The Catholic Observer*. News on the Catholic Church locally, nationally, and internationally - *News You Can Trust!!* A bargain at only **\$12.00 a year!!** Subscription envelopes will be available the next two weekends in church, or you can subscribe on-line at www.diospringfield.org.

THE PHARMACY PROGRAM: Need help paying for prescriptions? Two programs now available! If you are 65 years of age or under 65 and meet disability guidelines for CommonHealth, you may be eligible to receive up to \$1,250 per year to pay for prescription medications through the Massachusetts Pharmacy Program. To qualify, your gross annual income can be no greater than \$15,708 (individual) or \$21,156 (couples). If you have drug coverage through a Medicare HMO, you may be eligible once you have

exhausted your payment cap. Persons receiving prescription benefits through MassHealth or CommonHealth are not eligible.

The Pharmacy Program Plus offers an unlimited prescription benefit to elders and younger adults with disabilities who have experienced high prescription expenses relative to their incomes. Gross annual household income must be less than \$41,760 (individual) or \$56,256 (two-person household).

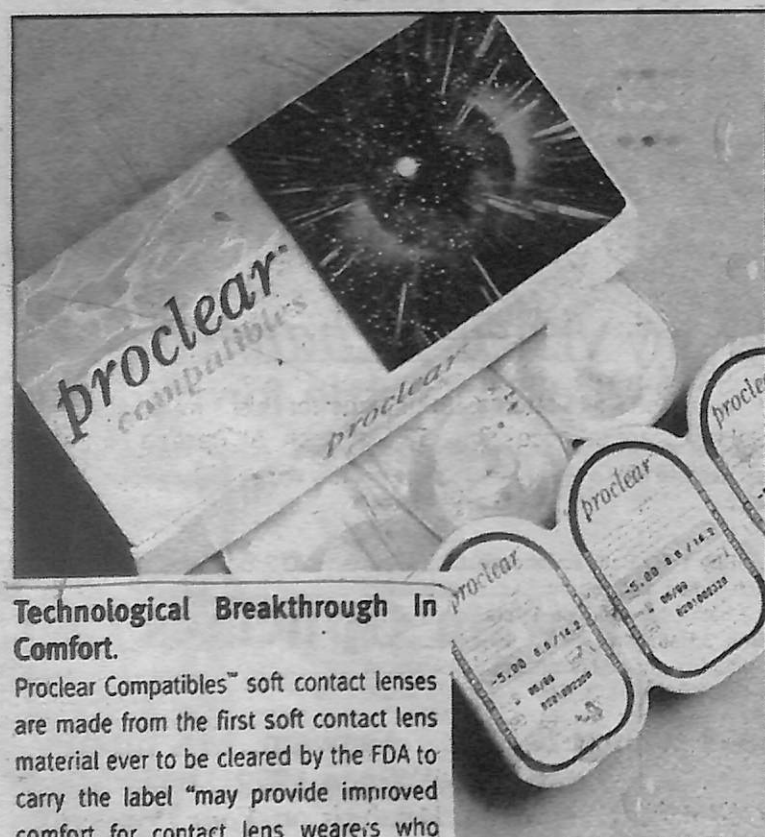
For more information, call 1-800-AGE INFO or contact Greater Springfield Senior Services' Information & Referral Department at 781-8800.

FOURTH ANNUAL BISHOPS' CLASSIC: For the past several years, the Congregation of the Sisters of St. Joseph have taken steps to address some of their major financial burdens. Various events and fundraising activities have been undertaken to help the Community get on a more solid financial foundation. Again this year, one such event is the Fourth Annual Bishops Maguire and Dupre Golf Classic for the benefit of the Sisters of St. Joseph. All proceeds will go directly to the Sisters and is earmarked for the Mont Marie Health Care Center.

This year the date for the Golf Tournament is Monday, August 28th, at the Springfield Country Club. This year two flights are scheduled. The morning flight begins with a shotgun scramble at 8:00 a.m., followed by a luncheon at 12:00 noon. The afternoon flight will start at 1:30 p.m. (following the luncheon) with a shotgun scramble. Also included is a spectacular dinner at 7:00 p.m. The cost per person is \$135, and per four-some \$540. Our field is limited to 144 players. Last year was a sell-out; register early to avoid disappointment.

- "Church News" is a regular feature of *The Advertiser News* -

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submitted by
Rev. Peter Monahan
Pastor of the New Life
Christian Church
Suffield, CT
(413)789-1377 or
toll free (877) 643-9801

Can A Person Know God Personally?

Some people may think that anybody who claims to know about God is arrogant. "How can you know about God?" they ask. "That is only your opinion," they might say, and perhaps add, "Don't try to impose your religious views on me." Even more provocative is the claim that somebody not only knows about God, but actually knows God, as well. Such a discourse prompts a basic question most of us eventually ask; can a person know God personally?

To be fair to the doubters and naysayers, it is probably correct to say that a claim to know such deep spiritual truths about the nature and person of God is at the very least presumptuous, if not downright arrogant. One wonders why such labels are so easily attached to Christians, but not to spiritual leaders or "gurus" who represent other religions, whether old (such as Islam) or allegedly modern (such as the "New Age" movement or other forms of spiritualism).

The mystery of why one group is easily labeled and others are not grows deeper still with the realization that while most religions claim to discover (that is to say, uncover) spiritual truths, Christianity has always and only claimed to represent a deity who revealed Himself. In other words, God was not discovered, like

an object hidden from view but found by a diligent inquirer; rather, God showed Himself to humankind. There is no pride of authorship in Christianity; we neither discovered God, nor made Him up.

There are many, many examples in the Bible of God revealing Himself to people. One of the more famous examples of God revealing Himself to a person is when God introduced Himself to Moses. The encounter is described in the so-called "burning bush" incident, in Exodus, chapter three.

Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the desert and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. So Moses thought, "I will go over and see this strange sight - why the bush does not burn up." When the Lord saw that he had gone over to look, God called to him from within the bush, "Moses! Moses!" And Moses said, "Here I am." "Do not come any closer," God said. "Take off your sandals, for the place where you are standing is holy ground." Then He said, "I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob." At this, Moses hid his face, because he was afraid to look at God.

Notice that Moses was not looking for, nor seeking, God. Rather, God was looking for Moses. It was God who initiated the relationship between Himself and Moses; a relationship which had a profound impact upon Moses throughout his lifetime and which went on to have an even greater impact upon history down through the centuries. Moses didn't discover God, it was God who revealed Himself to Moses. Moses' role

on that day, and then for the duration of his life, was to respond to God. That's how Moses came to know about, as well as know, God.

Down through the ages, the Holy Spirit of God has been working in people's lives, trying to prompt each of us to recognize and respond to God's revelation of Himself. Some people, like Moses, grasp the holy nature of God and reverently respond to God on His terms. Others, perhaps well-intentioned, perhaps impulsive or enthusiastic, grasp at a little spiritual insight and run off to develop their own spiritual concepts. Maybe those people would have agreed with the notion that it is arrogant to claim to know about God, and even more so to claim to know Him.

It is arrogant to presume that mere mortals can understand the divine nature of God all by ourselves. According to Jesus, it is not only arrogant and presumptuous, but impossible. Jesus said, "I tell you the truth, no one can see the kingdom of God unless he is born again." Being "born again" means accepting the fact that because we are neither perfect nor holy in and of ourselves, we need a Savior to make it possible for us to know and have any kind of a relationship with God, who is both perfect and holy. Furthermore, we accept that quite apart from deserving it, God has given us a Savior; and we embrace Jesus as our personal Savior and Lord.

God is not trying to be evasive, nor exclusive, according to Jesus. He went on to say, "For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." It is God's desire for each and every one of us to receive His revelation of Himself, and then to respond to Him personally and individually. It turns out that it is indeed possible for a person to know God personally.

Classified ads in The Advertiser News cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 14 Southwick Street (in the Crossroads Shoppes), Feeding Hills, or mail them (with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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Parish News And Notes From St. John's Church

SPECIAL THANKS: We are most grateful to the Parish Council and the Committee they called together for the buffet reception for Fr. John Gawienowski last Sunday after his first Mass of Thanksgiving. As we have celebrated the Ordination to Priesthood of Fr. John, and pause also to pray for two other young men who are ordained to the Diaconate (Jeffrey Ballou and John Connors), we might pray for our parish, that more young men and women would consider the possibility that God may be calling them to a life of ministry and service. Hopefully, our parents will encourage their children to search out this avenue. St. John's no doubt has many potential vocations, but these need support and nurturing.

BIBLE CAMP: St. John's Bible Camp will be July 10th-14th for children ages four through eight. Applications are at the Parish Center. Fee is \$12, with a family maximum of \$30.

ST. JOHN'S BUILDING AND GROUNDS COMMITTEE: We are blessed at St. John's with (among other things) a very conscientious group who meet regularly to ascertain what needs to be done to keep our buildings and grounds in good shape. Kevin Hourihan is the chairman of this group and would be happy to welcome anyone who might be available to assist. Help can always be used in the planning stages of projects and/or the physical work of carrying out some of the projects. Interested? Call Emile at the Parish office, 786-8105.

RELIGIOUS EDUCATION NEWS: The process of registration for next year's classes has been finalized, and parents have received a mailing with the pertinent information. To help in the planning process, families are asked to register children for next year's religious education classes before June 30th. The fee will be less for early registrations.

ST. JOHN'S NEWSLETTER: Anyone who would like to submit an article is asked to call Donna Gregory at 788-7681 as soon as possible. We could use some creative ideas and reporters to prepare some special articles. Would love to hear from you. Call Donna or Fr. Howard.

FUTURE OF HOPE: Those who have made a pledge to the Future of Hope should be receiving notices according to the schedule selected. If the notices have not been received, please call the Future of Hope Office at the Chancery. They will be happy to pursue any problem: 452-0630.

NEED HELP PAYING FOR PRESCRIPTIONS? If you are 65 or meet disability guidelines, you may be eligible to receive up to \$1,250 per year for prescriptions through the Mass. Pharmacy Program (MassHealth and CommonHealth members are not eligible). For more info, call 781-8800 in Springfield.

News & Notes From F.H. Congregational Church

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday Service of Worship begins at 9:30 a.m. for the summer. Rev. Donaldson's sermon is entitled "Born Again? What's THAT Mean?" Chris Mangano will be Lector. Ushers will be Sue Strycharz and Charlie Horenstein. Andy Kretschmar and Rich Rozanski will be our Acolytes. Children are invited to worship with adults. Nursery care will be provided for the very young.

Don't forget our Strawberry Supper on Saturday, June 17th. Walk-ins are always welcome!

Members should note that beginning June 18th, our worship will begin at 9:30 a.m.

On Sunday, June 18th, immediately after worship, the Committee on Community Outreach will be again sponsoring a Bread for the World (BFW) Offering of

Letters. BFW is a national Christian movement which seeks justice for the world's hungry by working with national and international decision-makers. Every year, BFW encourages members to write their members of Congress to support hunger relief-related legislation. This is the "Offering" of Letters. The primary focus this year is to increase funding for emergency food programs, including many in our area such as WIC (Women, Infants, and Children). We hope you will be able to join us on June 18th.

Rev. Donaldson will be on vacation from June 24th until July 8th. Our good friend, Diane Ball, will be here to lead worship for the two Sundays he is away.

Elaine will not be here in the office on Tuesday, June 20th. She'll be at Barnes Airport watching her daughter fly a plane!

Names of recent graduates will be listed in the

church newsletter. Please let the office know if you have a name you would like included.

On the calendar:

Friday, June 16th: Kitchen helpers for supper; 5:00 to 10:00 p.m., Creative Memories.

Saturday, June 17th: 5:00 to 7:00 p.m., Strawberry Supper.

Sunday, June 18th: 9:30 a.m., Worship followed by Offering of Letters; 12:00 noon to 8:00 p.m., Church of Redemption.

Monday, June 19th: 4:00 p.m., Daisy Scouts; 7:30 p.m., Worship Committee.

Tuesday, June 20th: Elaine off; 7:00 p.m., A.A.; 7:30 p.m., Lay Minister-Membership Committee.

Wednesday, June 21st: 7:30 p.m., Choir.

Thursday, June 22nd: 7:00 p.m., A.A.; 7:00 p.m., Church of Redemption Bible Study.

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THE PIONEER REPORT - ONLINE

WELCOME TO THE LATEST EDITION OF THE PIONEER REPORT. As always, I have tried to fill this issue with short and informative articles for both homeowners and future homebuyers. Please send me your questions or ideas and I'll publish them in future issues. Thanks ... & enjoy the season!

HERE'S YOUR JUNE CHECKLIST: Use your tax refund wisely. Examples: fund your IRA and pay down debt, then review your 1999 tax return (adjust current exemptions and estimated payments to make sure your 2000 withholdings are on target). Get ready for summer: have air conditioners serviced; install ceiling fans for low-cost supplementary cooling; shop outdoor furniture sales; check swimming pool filtration systems and barbecue equipment; service your car before family vacations. Flower power: when buying marigolds or other annuals for transplanting, choose plants with unopened buds - they will develop faster than those with flowers.

IF YOUR FRIENDS DON'T HAVE MONEY FOR A DOWN PAYMENT ... the Fresh Rate program, subsidized through the Commonwealth of Massachusetts, lends home buyers the three-percent down payment needed to buy a home at a low, fixed interest rate ... and, if the homeowner lives in the home for a 10-year period or longer, the loan of three-percent is forgiven. Want more info? E-mail me at RaymondRose@aol.com or leave your name and address on my voice mail at 846-0961 and I will send out a Free Homebuyer's Kit.

THE DANGERS OF CO-SIGNING A LOAN ... You will be listed with credit bureaus as responsible for the loan ... and your credit could be damaged if payments are missed. Since the amount of the loan appears as YOUR debt, you may find it harder to qualify for a loan of your own. If payment trouble develops, you may not find out until the borrower has defaulted and your credit has been damaged. Extra danger: co-signing

credit cards. Since credit lines may be increased periodically, you may end up being responsible for much more than you planned.

A SIMPLE AND EFFECTIVE WEED BARRIER ... Regular black-and-white newspaper, not shiny. Use eight sheets thick, laid flat under wood chips. Wet the paper so it does not blow away before you put the chips on top. The paper will break down slowly into the soil and smother weeds.

EASY STAINLESS CLEANER ... Club soda. It cleans and polishes stainless steel sinks and kitchen appliances. To clean flatware, soak it in club soda until the fizz is gone, then rinse and dry.

ANY FAMILY OR FRIENDS SELLING A HOME? ... Even though I am an Exclusive Buyers Agent, and I ONLY represent homebuyers, I am licensed in ALL areas of real estate ... and I have a tremendous amount of knowledge in selling a home, as well as buying a home. I now have available a FREE Home Seller's Kit ... and I would appreciate it if you would pass this memo along to anyone you know that might be interested in selling a home. Simply have them leave their name and phone number on my voice mail (413-846-0961) and I'll mail the kit within 48 hours. As always - no pressures, no gimmicks, and no obligations.

RIDE-ON LAWMOWERS injure about 20,000 and kill about 75 people every year. One-fifth of those killed are children. Self-defense: keep children inside while using a riding mower or garden tractor. If kids come into the mowing area, turn off the mower. Be careful when backing up or going around corners, trees, or obstacles. Hot engine parts could burn ... keep kids away from equipment after you turn it off.

WHEN YOU MOVE TO A NEW STATE ... have an attorney in the new state review your estate planning documents. Tax rules differ considerably. Just because you've moved your residence doesn't mean you've changed your "domicile" - the legal term for where you ultimately intend to reside. You may or may not be subject to probate in the new, old, or both states. The rights your spouse has to a minimum inheritance may change substantially. Property laws differ. Helpful: check with your old lawyer, too, to be sure both lawyers agree to document revisions.

A HARD MATTRESS IS NO BETTER FOR YOUR BACK THAN A SOFT ONE ... Mattress comfort is subjective. There is no reason to be concerned about your preference for a hard or soft bed unless your mattress interferes with sleep or leaves you with a backache.

(To be continued...)

All the hometown news with us - AAN!!!



Timely Tips On How To Manage Your Finances

by Sue & Charlie
Alvanos
Personal Financial Advisors
American Express
534-3883

How To Make Vacations

Benefit Your Business (Part I Of II)

First comes spring fever, and before long the summer vacation season has you and your employees daydreaming about lazy lake beaches, fragrant mountain trails, and hot evening barbecues. It all sounds like fun, but many small business owners and self-employed people dread this time of year - either because their operations struggle when workers are gone, or they're frustrated because they can't seem to get away themselves.

Steps to vacation success. By taking the following steps, you can release yourself and your crew for regular vacations while keeping your business running and profitable.

Realize the value vacations provide your business. Remember how you felt after your last real vacation? You probably not only had a great time, you likely returned to work with renewed vigor and creativity.

In today's competitive global economy, businesses and workers are continually trying to produce more in less time at lower cost. With long hours at work and the daily demands of family and home, you and your staff may burn out without a break. And it's not just a quality-of-life issue; burnout symptoms of irritability, reduced attention span, and diminished enthusiasm and creativity can cost your business plenty in lost innovation and productivity, and higher illness and accident rates.

For this reason, many companies not only provide paid vacation time for employees, they insist that it be used on a regular basis.

Schedule vacations well ahead to avoid disruption. If your small business has just a few employees, you can avoid the disruption of absent staff by requiring vacations to be scheduled well in advance. That gives you time to arrange for backup by other employees or a temp, and it also helps prevent too many employees being out at the same time.

Scheduling vacations well ahead is even more essential for sole proprietors who must complete projects ahead of time and notify customers and business partners of their upcoming absence.

(To be continued next week...)

Family Dentistry

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**Does Staging Work?**

Staging or merchandising your home can involve minimal effort on the part of the seller. Sometimes just rearranging furniture can make a house show better.

Other tips:

* "De-clutter": countertops in kitchens and bathrooms should be clear of almost everything.

* Cleanliness is also very important when it comes to selling homes. The interior of your home should gleam. If possible, wash windows inside and out. Plan to keep your home clutter-free and clean during the entire marketing period. Hire a cleaning service if you need to or ask the kids to help.

* Go through the house and fix defects - leaky faucets, broken doorbells, cracked windows, etc.

* Have the furnace and air conditioning unit serviced and cleaned.

* Paint interior and ceilings if needed.

For additional information on how to merchandise or stage your home for sale, call PAM SAVIOLI at (413) 748-7565 or visit her on the Internet at <http://pamsavioli.realtor.com>.

LEGAL NOTICE**TOWN OF AGAWAM
NOTICE!!!**

You are hereby notified that a public hearing will be held at Agawam Middle School Cafeteria, in the Town of Agawam, Massachusetts, at 7:00 o'clock p.m., on Thursday, June 22, 2000 upon petition of Western Mass. Electric Company dated April 27, 2000 for permission to: place UG conduit in the ways or parts of ways designated in said petition, along which designated route of line you are an owner of real estate as determined by the last preceding assessment for taxation.

Dated this 12th day of June, 2000.

Information regarding this petition may be obtained from Western Mass. Electric Company in Springfield, Tel. No. 785-5871.

PETITION # DRG 1365

STREET Parkedge Drive

Ursula Retzler
Clerk of the Council

Published: June 15, 2000

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**Legal
Memo**

by

Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454

**AUTOMOBILE INSURANCE****(Part II Of II)**

If you are injured while occupying your auto and you have two or more autos insured with your Auto Insurance Company with different limits, your Auto Insurance Company will only pay up to the limits shown on your Coverage Selections Page for the auto you are occupying when injured.

If you are injured as a pedestrian or while occupying an auto you do not own and have two or more Massachusetts auto policies which provide coverage at different limits, the policy with the higher limits will pay. If there are two or more policies which provide coverage at the same limits, your Auto Insurance Company will only pay their proportionate share.

Your Auto Insurance Company will not pay damages to or for you, if struck by, or while occupying an auto you own and which does not have Massachusetts compulsory auto insurance.

Likewise, your Auto Insurance Company will not pay damages to or for any household member if struck by, or while occupying an auto owned by that household member which does not have Massachusetts compulsory auto insurance.

Your Auto Insurance Company will reduce the damages an injured person is entitled to recover by:

1. The amount recovered from any legally responsible person provided the injured person is fully compensated for his or her damages for bodily injury.
2. The amount paid under a worker's compensation law or similar law.
3. Any expenses that are payable or would have been payable except for a deductible under the PIP coverage of this policy or any Massachusetts auto policy.

Your Auto Insurance Company will pay the balance of the damages up to the limits shown for this Part on your Coverage Selections Page.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

*You turn our pages each
and every week for all the
hometown news...*

**Karen Charbonneau
Completes Real Estate
Training Program**

Keenan & Molta Associates congratulates agent Karen Charbonneau for completing a specialized real estate training program. Charbonneau recently completed Floyd Wickman's 10th Annual Master Sales Academy in Las Vegas.

She's earned a designation as "Master Salesperson" and has qualified for membership in the Master Sales Society. Charbonneau was joined by more than 800 elite agents from the United States and Canada.

"We're proud of Karen for completing this unique training session. We know it will help her serve our clients," said Bob Molta, President of Coldwell Banker Keenan & Molta Associates.

Karen Charbonneau recently joined Keenan & Molta's Agawam office and currently lives in West Springfield. "The more knowledge that I have to work with, the better prepared I am to meet my clients' needs," says Charbonneau, who has several years of real estate experience. Completing training sessions like the Master Sales Academy is important to Charbonneau, who also volunteers her time to give back to the community where she's lived for years.

Charbonneau is a member of the West Springfield Rotary and The Women's Partnership of the Greater Springfield Chamber of Commerce.

**Westfield Bank To
Contribute To
Westfield YMCA**

Westfield Bank President Donald A. Williams recently announced that the Bank is contributing \$15,000 to the Westfield YMCA. The donation will be used to help fund the much-needed repairs to the boiler, while a portion will go toward the Annual Appeal.

Mr. Williams noted, "The YMCA serves the children of our community. We at Westfield Bank are pleased to help them in that effort."

At the check presentation recently, YMCA Executive Director Harry Rock stated, "The donation from Westfield Bank speaks well of the commitment that the Bank has made to its community in supporting non-profit charities who serve those in need. This donation helps the children of Westfield to participate in programs regardless of their financial background. It also helps the YMCA to upgrade aging facilities to ensure that programming goes on uninterrupted due to equipment breakdowns."

Westfield Bank, headquartered in Westfield since 1853, with assets in excess of \$630 million, is one of the largest independent banks in the area. The Bank maintains offices in Agawam, East Longmeadow, Southwick, Springfield, and West Springfield. The Bank offers a full array of banking services for both business and personal needs.

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For Your Health



Your Back And Your Health

by Dr. Joseph
S. Schlaffer
Schlaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

Headaches Aren't Normal...

A variety of factors may produce headache, including poor posture; eyestrain; lack of (or excessive) sleep; physical exertion; fatigue; colds; flu; allergic reactions; problems involving the eyes or teeth; reaction to medications; and hunger. Some women are particularly susceptible before menstruation or when using oral contraception.

Although headache may be felt in the head, research has shown that the cause may be elsewhere. Dr. Harold G. Wolfe of New York Hospital, a pioneer researcher in the field, describes headaches as "biological reprimands."

Some 75 percent of headache sufferers get "tension headaches." Some 20 percent suffer vascular headaches ("migraine" or "cluster"). The muscle-contraction or tension headache sufferers feel a dull, steady, persistent ache - a squeezing "hat band" pressure or tightness sensation.

Chiropractic and other allied health care research has shown that these headaches stem from prolonged muscle contraction in the neck, back, and head, usually due to prolonged tension.

More painful and disabling are vascular headaches. In these, there is a severe throbbing pain (in time with the heartbeat) usually concentrated on one side of the head. A migraine - suffered by women three to one over men - is accompanied by nausea and great sensitivity to light and noise. "Cluster headaches," which may occur several times a day (sometimes for a number of days), then disappear for a while, are excruciating. All vascular headaches have a similar biological mechanism involving complicated blood-hormonal changes.

Headaches may also result from injury; for example, injury to the delicate structures of the neck during a "whiplash" is common.

Can drugless methods be used to treat your headaches? A study of 1,500 migraine headache sufferers by the Canadian Migraine Foundation discovered more than 50-percent satisfaction with the effectiveness of chiropractic in combination with exercise and other drugless treatments.

If you're in reasonably good health, you have a right to wonder why you suffer from reoccurring headaches. A resort to aspirin and other medication may dull the pain for a while, but if the headaches persist you should seek effective treatment.

Call the Schlaffer Chiropractic Office at 192 Shoemaker Lane, 789-1369.

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Fitness Tips...

by Carmela Kirk,
R.N.
Fitness Director
Fitness First

Don't Forget Fall Training...

With the end of school approaching, I'm concerned that some of the high school kids will take the vacation attitude a little too seriously. Summer is about two months long (or short). This seems long enough to relax and rejuvenate from school work, but it is much too long to relax from your workouts. Fall sports are right around the corner. Don't forget how difficult those first few weeks of practice can be.

To go from total rest and relaxation to running every day is grueling. You can ease this transition by simply staying in shape through the summer. Remember, to change your fitness level you need about four or five cardiovascular workouts a week, and three or four resistance trainings per week. To simply maintain your fitness level, you need about three cardiovascular workouts a week and two resistance training workouts. These sessions should remain challenging, but not too challenging. Remember, maintenance is your goal.

If you do play sports or can anticipate what you will be involved in, try and mimic the training you think will occur. Running, jogging, and/or walking is a sure bet. Strive for 30 minutes to one hour. Lose your breath now and then. Keep your pace somewhat hard so it makes a difference. As far as resistance goes, if you don't have equipment, don't worry. Push-ups work great. Change your hand positions from directly under your shoulders, to wide and outside shoulder width. This will change the focus from shoulders to chest. If you have something to hang on, try pull-ups. Again, you can change your grip to change the focus. Also, squats and lunges do wonders to keep the legs strong. If any of these exercises are foreign to you, seek assistance. You don't want to be injured this summer and you do want to see results. Your form is the key to seeing results; be sure it is perfect.

Have a great time this summer. You deserve the break from school. Keep the fall sports in mind and do a little now to make it easier then.



Chiropractic Care
by Dr. Tami Nelson
Chiropractic Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

Osteoporosis...

There have been many articles recently about osteoporosis. Many of these have been pushing increasing dietary calcium to prevent osteoporosis. While this is sound advice, osteoporosis represents much more than a lack of dietary calcium. Osteoporosis is a complex condition involving hormonal, lifestyle, and nutritional factors.

Certain lifestyle factors are extremely important to bone health. For example, coffee, alcohol, and smoking cause a negative calcium balance (more calcium being lost than taken in) and are associated with an increased risk of developing osteoporosis. Regular exercise reduces that risk. Physical exercise consisting of one hour of moderate activity three times a week, has not only been shown to prevent bone loss, but actually increases bone mass in post-menopausal women.

One of the best things you can do for your bone health is to stay away from soft drinks. Soft drinks have long been suspected of leading to lower calcium levels and higher phosphate levels in the blood. When phosphate levels are high and calcium levels are low, calcium is pulled out of the bones. The phosphate content of many soft drinks is very high, and they contain virtually no calcium. So why do they even bother putting it in soft drinks? The high phosphate level is required for dissolving the sugar and contributing to the taste. So, is that Coca-Cola worth it - absolutely not!

Contrary to popular belief, milk consumption may not lead to strong bones. There have been numerous studies showing calcium supplementation can retard bone loss, but the data is inconclusive in regard to a high dietary calcium intake from milk and prevention of osteoporosis and bone fractures. Countries with

SEE TAMI NELSON - Page 31

A life of Abundance

I am worth it!

Read more about this in today's FOR YOUR HEALTH column.

from

Dan Pender

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TAMI NELSON - from Page 30

the highest dairy intake have the highest rate of hip fractures per capita. So, milk alone is not the answer.

Calcium supplementation is important in prevention and treatment of osteoporosis. But bone is dependent on a constant supply of many nutrients, including boron, magnesium, vitamin K, and others. A comprehensive, multi-nutrient supplement is recommended for maintaining and building healthy bones. Women should ideally start supplementing prior to menopause, as there is a strong correlation between pre-menopausal bone density and the risk of osteoporosis.

Next week, we'll discuss calcium dosage and the best form to supplement with.

Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

Mercy Hospital Hosts Cancer Support Group

Persons with cancer, their families, and friends are invited to attend Mercy Hospital's Cancer Support Group. The free meetings are conducted Mondays at 7:00 p.m., in the hospital's Deliso Conference Center, 299 Carew St.

The group offers information on topics of interest to cancer patients, and provides an opportunity to share experiences in a friendly, supportive atmosphere. Meetings are facilitated by Sr. Madeleine Joy, S.P., of Mercy Hospital's Pastoral Care Department.

For more information, call the Pastoral Care Department, (413) 748-9453.

Bereavement Support At Mercy Hospital

Persons who have experienced the death of a partner are invited to attend the next meeting of Mercy Hospital's bereavement support group, Saturday, June 17th. The "Being Alone" group will meet from 10:00 a.m.-12:00 noon, in the hospital's Deliso Conference Center, 299 Carew St.

Registration is required; for more information, call (413) 748-9453.

La Leche League To Host First Annual Home & Family Party

La Leche League was founded in 1956 by seven women who had learned about successful breastfeeding while nursing their own babies. La Leche League is the only organization with the sole purpose of helping breastfeeding mothers.

Now, 8,000-plus leaders and 3,000-plus local groups strong in the United States alone, La Leche League groups meet regularly in communities worldwide to share breastfeeding information and mothering experience.

Each year, an estimated 750,000 American mothers call La Leche League with questions and concerns. Telephone counseling is available 24 hours a day, along with access to an extensive library of breastfeeding literature. When a woman joins La Leche League, she participates in mother-to-mother helping network, a priceless resource for breastfeeding and parenting help, support, knowledge, and inspiration.

In lieu of the monthly meeting, La Leche League of West Springfield & Agawam will be sponsoring their first Annual Home and Family Party. This event will

take place Monday, June 19th from 7:00-9:00 p.m., at First Congregational Church of West Springfield (on the corner of Park St. & Lathrop St.).

La Leche League leaders will be present to discuss breastfeeding or related topics. This is the ultimate "house party!" Representatives from many of the most popular companies will be available to show/sell you their products and answer any questions: Creative Memories, Pampered Chef, Discovery Toys, Tupperware, Usborne Books, Stamp-It-Up, DK Books, House to Home, Princess House Crystal!!!

This is a great opportunity to see what these companies have to offer. Jerry Marchand has graciously offered to share his talents as he will play the Celtic harp throughout the evening.

There will be a silent auction. Items in our auction have been donated by local businesses. Come and enjoy. This will be a fun evening. This event is free and open to the public!

For more information, please contact Chris at 739-3238 or Wendy at 781-4708.

Therapeutic Massage Program Offered At Agawam Library

Monique Trahan will present a program, "Therapeutic Massage: How can you benefit?" on Monday, June 19th, from 6:45-8:45 p.m. at the Agawam Public Library.

The program will discuss using massage as part of one's health maintenance. Some typical goals might include reducing headache frequency and intensity, muscle stiffness, or pain. Other goals may include relieving insomnia, and increasing pain-free range of motion. Massage helps increase body awareness (especially useful for athletes and dancers), improve body image, and reduce stress.

She will also discuss the application of massage therapy for animals. The program will include demonstrations of massage techniques.

The focus of her practice is problem-solving, pain management, and improving athletic performance. Although the bulk of her clients are people, horses and the occasional canine have benefited from massage therapy. In addition to her thriving practice, Monique is an instructor at Connecticut Center for Massage Therapy, where she teaches Massage Therapy 2.

Monique lives in Southwick with her husband, Peter, and two cats, Oliver and Bagels. Chelsea, her Arabian dressage mare, lives nearby and stays competitive through regular sport massage sessions.

This program is free and open to the public. Please register in person or call (413) 789-1550.

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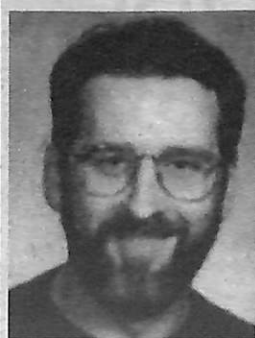
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Another Person's Life Experience Of Abundance...

Last week, we heard from a reader about her experience with abundance. Her descriptions highlighted three problems with goodness (abundance) that I have identified: naming, sustaining, and being connected in relationship. This week, another reader was moved to respond to this most challenging topic. She e-mailed me with her experience of abundance and so I offer her metaphor to you for your reflection.

"A few months ago, a major part of my abundance was found by me. It was almost as though it were in a shell and the shell has been cracked open. It is as if I have no choice but to have this abundance continually alive in me. I am actually so excited about having it and I try to celebrate it every day. My abundance, I call my sexuality."

You see, in my relationship system, I am not supposed to have anything. I am to be continually deprived! My system has taught me that the worst thing I could do is to think about myself. The system is desperate for me to think of anything except me.

Finding this abundance for myself was no easy task. It was actually very painful. I always considered myself, as did my husband, the person with the least sexual desire between us. Our marriage of nearly 20 years never thrived. It was just surviving!

My husband was seeking professional help and he was clearly caring for his part of the journey around his sexuality. I was happy for him, even though I feared he was so far ahead of me and that he was leaving me behind. I recently realized that I was missing out on something more important than my ever diligent focus on my husband's growth, namely, me and my own growth!

Was I too late to begin this process at age 46? I don't think so. Was it too late for me to continue this process despite recently confronting my husband with concerns I have had for some time that he was having an affair? It certainly would have fit for me to again refocus on him and get off track with what was abundantly good for me, namely, me! I hung on despite the pain!

His silence about the details was as thick as dense fog. The anxiety between us could be cut with a knife. Our kids could feel it. Our pets could feel it and my co-workers knew something was up. I did everything I could not to give it away or enlist everybody's support for me despite the terrible position I was in. I gave myself a choice. I could see myself as a victim or face my side of our relationship. I chose the latter.

My pain was so great that I made an even bigger decision for myself, to care for me. For any real growth to happen for me, I realized that ahead of anything else, I had to be in possession of me. It is hard for me to describe what happened to me that after-

noon. Sometimes I label it as, 'The day I took the leap!'

By caring for myself, I chose that day, to go down a very difficult and different path for myself. My abundance of me and my sexuality was hatched that day. And it continues to grow! It was painful and it still is painful. Growth is torturous!

My husband's openness for intimacy outside our marriage is challenging. My focus on my own ability to be with and stay with myself through all that has happened is the greater challenge for me. It is very draining, but my work on me comes first now! I don't know about my marriage. But I do know that I can never go back to where I was ever again!

On a more personal note, your courage to write about such intimate issues in such a public forum amazes me. Thank you for your courage to face real issues about relationships. You help me really look at myself and really feel as your advertisement says, 'A life of abundance...I am worth it!'

Are you worth the struggle to come to name (know) your self? Are you worth the struggle to sustain (hold onto) your self? Are you worth the energy and challenge to reveal your self in relationship with important others?

The complexity of abundance in your life.

I can be reached by e-mail at dpmft449@aol.com or P.O. Box 449, Agawam, MA 01001 or by phone at (413) 789-4460. Your feedback is welcome and as always, if I reprint any or all of your material, I will not publish your name unless you specifically give me permission to do so.

Courses, & Programs Offered At Noble Hospital In Westfield

Bereavement Group: Wednesday, June 21st, 6:30 to 7:30 p.m. In the Bronson Music Room at Noble Hospital.

On the first, second, and third Wednesdays of every month, Noble Visiting Nurse and Hospice Services offers this support group for people who have experienced the death of a loved one within the past year. We invite all Hospice families and anyone in the community to participate.

For more information, please call Kim Cressotti, R.N., at Noble Visiting Nurse and Hospice Services at (413) 562-7049.

Beginner Level Tai Chi Classes At Noble Hospital: Beginning Tuesday, June 20th. Series of seven classes with Baiqing Li, Master Instructor. Cost: \$63. 5:00 to 6:00 p.m.

Class dates: June 20th, 27th (no classes July 4th), July 11th, 18th, 25th, August 1st, and 8th. In Conference Room A at Noble Hospital. For additional information or for a registration form, please call (413) 568-2328.

Cosmetic/Plastic Surgery with Dr. Gary Russolillo: Tuesday, June 20th, 6:30 to 7:30 p.m. In Conference Room B at Noble Hospital.

The presentation will be followed by a complimentary personal consultation. Registration is free, and seating is limited.

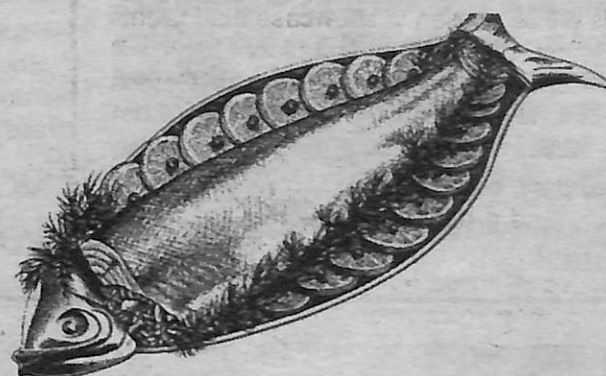
Pre-registration is required; please call Noble Hospital at (413) 568-2328.

CPR Course: Wednesday, June 21st and 28th, 6:30 to 9:30 p.m. In the Education Department/Ground Floor at Noble Hospital.

This two-part course provides American Heart Association Adult, Child, and Infant Certification. The cost of the course is \$45.

To register or obtain more information, call Noble Hospital's CPR Line at (413) 572-5172.

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Arts

A Busy Season For Shooting Star Dance Center...



LYNN HADDEN-QUINN, Shooting Star Dance Center's co-director, and staff member Brenda Hadden recently put the finishing touches on their scenery in preparation for their seventh annual dance recital. The recital will be held this Saturday, June 17th, at 1:00 p.m. at Central High School in Springfield. Call 786-0660 for tickets or purchase them at the door prior to the performance that afternoon.

High School Rock Bands Wanted For "Battle Of The Bands"

Attention all high school rock & roll bands! The Agawam Parks & Recreation Department is hosting a Monster Jam Battle of the Bands on July 29th.

Ten bands will be chosen to showcase their talents and compete for prizes. The first-place band will receive \$100 cash, \$100 gift certificate to Gordon LaSalle Music, and three hours' recording time at The Warehouse in West Springfield.

In order to participate, bands must submit an official entry form and a demo tape, along with a non-refundable \$25 entry fee. Any band interested in playing at this event is encouraged to pick up an entry form at the Agawam Recreation Office, 760 Cooper Street, or at Gordon LaSalle Music Shop, 326 Walnut Street, Agawam.

All proceeds from this event are going towards the building of a new skateboard park in the Town of Agawam. Please contact Chris Sparks, Director of Parks & Recreation, at 821-0514 for more information.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter.



SHOOTING STAR DANCE TEAM members and parents recently held a car wash in Springfield to raise money for their trip to DisneyWorld in August. The dance team thanks its supporters and has scheduled another car wash for Sunday, June 25th, from 9:00 a.m. to 4:00 p.m. in the Burger King parking lot on Parker Street in Springfield.

OUR ANNUAL "GRADUATION ISSUE" will be published next Thursday, June 22nd, featuring coverage of AHS and collegiate graduates and this year's scholarship recipients ... ADVERTISER NEWS!!!



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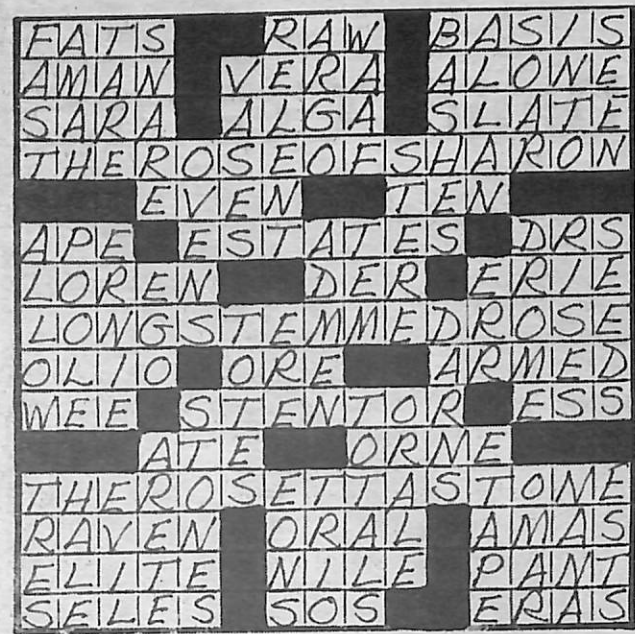
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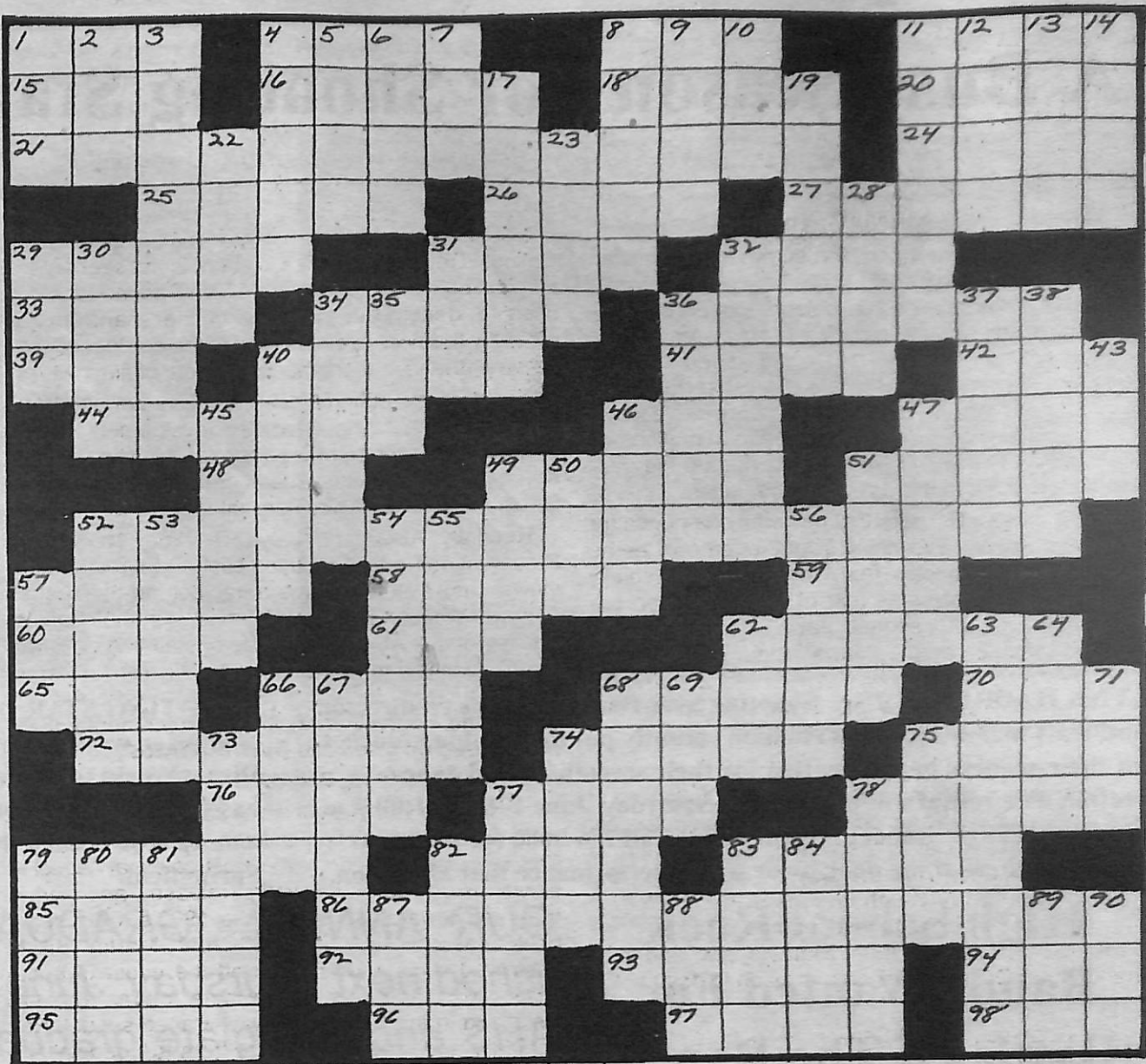
ACROSS

- 1 Singer Boone
- 4 Chowder ingredient
- 8 Actor Vigoda
- 11 Cooking instruction
- 15 Actress Lupino
- 16 The sun (comb. form)
- 18 "Gone With The Wind" plantation
- 20 Adams of song
- 21 Beat a hasty retreat
- 24 Actor James
- 25 Director Lubitsch
- 26 Shipbuilder's wood
- 27 Composer Johannes
- 29 Media member
- 31 Steersman's station
- 32 Sports feat
- 33 King of Judah
- 34 Acute
- 36 Soaked
- 39 Word of astonishment
- 40 "Go it alone" guys
- 41 Marries
- 42 Toteboard topper
- 44 Shot at
- 46 Air (prefix)
- 47 "The Days of _ and Roses"
- 48 Teachers' org.
- 49 Lucky number
- 51 A Starr
- 52 Statement re coop-

DOWN

- 5 Corn nemesis
- 17 Mary was one
- 19 Complete
- 22 Roman road
- 23 Baseball official
- 28 Stops rising
- 35 Pasture bleat
- 37 Hodge-podge
- 38 Mall unit
- 43 Tarzan's friend
- 45 Actress Connie
- 46 Wagner's river
- 49 Old card game
- 50 Arid
- 51 British jail
- 52 I'm only _ and blood
- 53 Night club
- 54 Cartoonist Peter
- 55 Meaning of A.K.A.
- 56 Pot builder
- 57 Accept as correct
- 58 Dies
- 59 Aperture
- 60 Disbursed
- 61 Cauchó tree
- 62 Time in office
- 63 Small to a Scot
- 64 " _ The Night Before..."
- 65 Literary monogram
- 66 Abyss
- 67 Tarbell
- 68 Humiliation
- 69 Strong fabric
- 70 " _ fall in love"

Meet The Master - by Dick Mastroianni...



- 6 Thanks _
- 7 Time segment
- 8 Mr. T's org.
- 9 Miscue on the mound
- 10 Notable time period
- 11 Break up a bivouac
- 12 Wife of Esau
- 13 Where Anna taught
- 14 Layers
- 17 Playful swimmers
- 19 Meandered
- 22 _ Go Braugh
- 23 Lend a hand
- 28 Norma et al
- 29 Uncooked
- 30 Andy's radio partner

- 31 Crone
- 32 Camper's cooking help
- 34 T-bone
- 35 If I _ my way
- 36 Sue with lots of sugar
- 37 "Dallas" family
- 38 Queensland wild dog
- 40 Pawnees' lance
- 43 Modern (prefix)
- 45 Confine
- 46 Shakespeare's river
- 47 "The _ of War"
- 49 Pas

- 50 Lamb
- 51 Indian princess
- 52 Jots
- 53 "It's on me" word
- 54 Horse
- 55 Japanese wrestlers
- 56 _ Haute
- 57 Baby's neck cloth
- 62 Pro and _
- 63 Deletes
- 64 Health resorts
- 66 Atop
- 67 Garden dormouse
- 68 Fires at
- 69 Sesame
- 71 Ethiopia (abbr.)

- 73 Hold in high regard
- 74 Frog genus
- 75 Cabbage dish
- 77 Ms. Garbo
- 78 Ali's weapons
- 79 Fish or cut _
- 80 In regards to
- 81 Luminary
- 82 Actor Tamiroff
- 83 Take _ look at
- 84 Songstress Horne
- 87 Capone and Kaline
- 88 Make a choice
- 89 "Treasure Island" author
- 90 Actress Ruby

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"Jaws" Celebrates 25th Anniversary

The first of the now-common summer blockbusters was released on June 20, 1975. This year, Universal Studios has announced a celebration of the 25th anniversary of "Jaws," including a newly-remastered edition of the film on DVD and video. Steven Spielberg turned Peter Benchley's best-selling novel about a giant great white shark terrorizing the resort of Amity Island into one of the biggest films in motion picture history. The impact the film has had on the general public, even to this day, is phenomenal.

Rarely does a film pack that powerful of a punch (or should I say bite). Everything from the famous theme music to select quotes from the film have solidly embedded themselves as part of America's pop culture. The high-quality sequel, "Jaws 2," is also recommended as part of the "Jaws" legacy. Being this reviewer's all-time favorite film, I could analyze the countless great qualities of "Jaws" for hours, but, "We're gonna need a bigger article!"

* "Jaws": 1975, Rated PG.

The peace and tranquility of the beautiful island of Amity is tragically disrupted when a gigantic, 25-foot great white shark claims the waters off the island as its feeding ground. While the town officials (led by the greedy Mayor Larry Vaughan) ignore the problem in an effort to preserve tourist income, Police Chief Martin Brody, oceanographer Matt Hooper, and salty shark hunter Quint embark on a mission to destroy the marauding shark.

Roy Scheider, Robert Shaw, and Richard Dreyfuss are perfectly cast as the unlikely trio who are forced into an alliance. This proves to be one of the film's many successful formulas. Scheider plays a former New York Cop who has always hated the water. Dreyfuss plays the oceanographer, and Shaw plays the shark hunter. These three very different men together on a small boat in the middle of the Atlantic Ocean create powerful character chemistry. Brody fears the shark, Hooper is awestruck by it, and Quint just wants to hunt it. This enables each viewer to relate to one of the characters in some way while opening an avenue for Spielberg to utilize comic relief. Exploiting Chief Brody's fear of the water is obviously the most qualified opportunity for comic relief and also aids in setting up Brody as the unlikely hero, the last person of the three you would predict would ultimately kill the shark.

Also of superb quality is the photography and editing. As examples, look for the reverse-zoom shot of Brody on the beach immediately following the attack on the boy with his raft, as well as a scene later in the picture where Brody is peering out the window of the Orca while the ocean simultaneously reflects off the same window. In addition, try to find the two sequences in the film where Spielberg inserted a shooting star during the Orca scenes.

Creative shots throughout the film illustrate symbolism and foreshadowing. Such scenes include a shot of the Orca embarking out to sea as filmed through a set of shark jaws that Quint has hung in his window, foreshadowing their encounter with the great white. A shot portraying symbolism is when Quint's and Hooper's hands are clasped together in conflict while Brody's face is centered in the shot just above the hands. This is cleverly symbolic of the fact that Brody will indeed be caught in the middle of their feuding. Other photography techniques used include water-level shots where the water line is centered horizontally within the frame, giving the viewer the sense of being in the water and thusly creating the desired agitation with the audience. Also note the fact that much of the first half of "Jaws" was shot depicting the shark's point of view from under the water. True terror results when, suddenly, a human appears on the surface during these shots. This type of filming perspective, paired with John Williams' relentless shark theme, is what give "Jaws" much of its intensity.

In his attempt at authenticity, Spielberg employed numerous tactics. His decision to cast natives from Martha's Vineyard (where "Jaws" was filmed) proved to be invaluable in creating reality during the scenes on land. He even ordered a dead tiger shark from Florida to avoid using the fake one for one of the scenes in the film. This type of perfectionistic attention is apparent throughout the film. The scene where the

first victim's body was discovered was to originally be filmed with a fake head and arm. Spielberg did not approve and decided to pay an insider to be buried up to her neck in sand just for this 20-second scene. This attention to realism makes "Jaws" very believable and consequently causes the audience to truly feel the terror that the characters do.

Spielberg's theory behind "Jaws" was simply "what you don't see scares you more than what you do see." This, aside from the fact that salt water caused the mechanical shark to constantly malfunction during filming, is the reason why the shark is not seen for the first half of the film. Instead, Williams' soundtrack was used to identify the presence of the shark. This is probably the best example ever of the co-dependence between the visual and audio aspects of filmmaking.

"Jaws" is the epitome of a great film demonstrating perfection in direction, character development, acting, soundtrack, photography, editing, and casting. "Jaws" won three Oscars (Best Sound, Best Editing, and Best Original Score) and was nominated for Best Picture.

Recently, ABC aired "Jaws: The 25th Anniversary Presentation," which included cast and director interviews, as well as some rare behind-the-scenes footage. You can find these interviews in their entirety on the special letterboxed collector's edition of "Jaws" that is available for rental, or wait until July 11th when the aforementioned 25th anniversary remastered version of the film (with a "making of" documentary) will be released on video and DVD. **5 STARS**

* "Jaws 2": 1978, Rated PG.

"Just when you thought it was safe to go back in the water..." That is the often-imitated slogan for "Jaws 2." This film was dubbed as "the most colossal sequel in movie history" when it was first released and started the trend towards sequels in the 1980's. Four years have passed since Police Chief Martin Brody destroyed a giant killer shark off the coast of Amity Island. Now, its larger female mate returns to haunt the island in this surprisingly well-crafted sequel. Roy Scheider and other key players from the original film reprise their roles for "Jaws 2," giving the film even more appeal. Please note that female sharks are known to be quite larger and considerably more aggressive than the males. Need I say more?

"Jaws 2," unlike many sequels, does not simply rehash the same story again. Instead, this film takes on its own identity for a number of reasons. In "Jaws," the main characters were aware that there was a monster shark stalking Amity Island; some just chose to ignore it. In "Jaws 2," only the audience is aware of another shark's presence for a great majority of the film. This proves to be a very clever device to ensure

audience participation because the viewer is constantly waiting for that powerful moment when Brody realizes his worst nightmare has returned. This moment arrives when a near-victim is found by Chief Brody in her boat alone at sea. Terrified, she simply screams, "Shark!"

This type of tension-building formula that centers around Chief Brody is a new technique used for "Jaws 2" that greatly contrasts that used in "Jaws." Again, this is primarily due to the fact that no one in this film is sure there is another shark. Consequently, such scenes as when Brody sees a photo of the shark being developed serve as not only powerful clinchers, but also as teasers to the fact that an ultimate (and appropriate) confrontation between Brody and the shark is inevitable. Also worth noting is the decision by director Jeannot Szwarc not to imitate "Jaws" by hiding the shark for most of "Jaws 2," for it is visible from the opening credits until the electrifying finale.

John Williams is back at the helm on the soundtrack with updated themes and fugues that are as intense as ever. A specific combination of Williams' themes partnered with genuine acting, a strong script, brilliant photography, and impressive visual effects is what makes "Jaws 2" flow perfectly. Such attributes slowly build up throughout the film and suddenly culminate into one mighty crescendo that delivers the fantastic and jolting climax.

"Jaws 2" is a fine sequel because it displays much originality in both filmmaking techniques and storyline while remaining true to the basics that made "Jaws" so gripping. You will feel the same heart-stopping suspense and terror all over again. There are even some references to the original film subtly placed within the screenplay. (Look for the scene where Brody pauses to stare at the yellow barrel on his front porch; that barrel should look familiar since it's the one he swam back to shore with at the close of the first movie.) "Jaws 2" is a worthy sequel to the legendary "Jaws" that was clearly intended to complement its predecessor instead of copy it. **4 STARS.**

(Writer's postscript: "Jaws" spawned two more sequels called "Jaws 3-D" [1983] and "Jaws The Revenge" [1987]. These films are not to be confused with those recommended in this article.)

*** "PISANO'S PICKS" REVIEW GUIDE ***

5 STARS - Extraordinary.

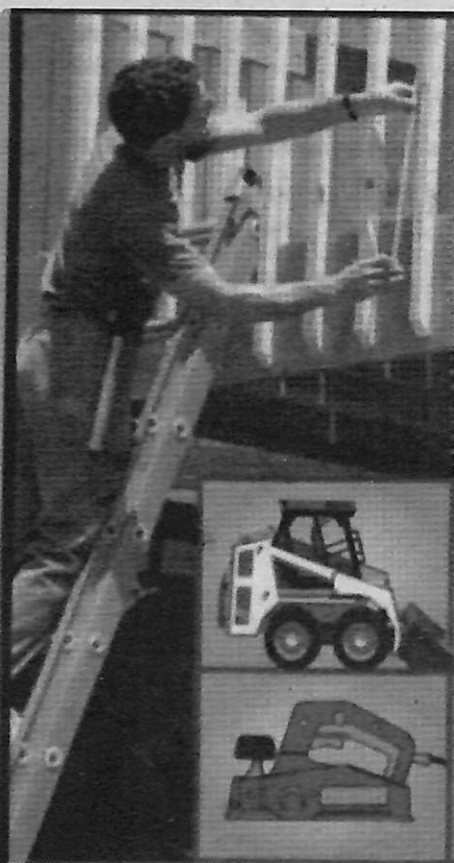
4 STARS - Excellent.

3 STARS - Good.

2 STARS - Average.

1 STAR - Watchable.

0 STARS - Avoid.



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Education



IN LEFT PHOTO: Retiring Agawam teacher Beverly Pasternak (third from left) is the new president of Delta Kappa Gamme, an organization of key women educators. Pictured with her are (from left) Geraldine Schilling-Nordal, Arlene Mazza, Sandy Marona, Virginia Heyl, and Bert Abbey. IN RIGHT PHOTO: Pasternak (far right) takes over the reigns of the regional chapter of Delta Kappa Gamme from Janet Regan, parliamentarian.

Beverly Pasternak Newly-Elected Alpha Chapter President Of Women Educators' Organization

Beverly Pasternak, a retiring teacher from the Agawam School System, has taken over the reigns of the regional chapter of Delta Kappa Gamma International. She was inducted as Alpha's president at a dinner meeting in the President's Room of Springfield College.

This is an organization of key women educators who represent all ages and areas of educational work and who are committed to the improvement of education.

tion.

Their purposes are: 1. to unite women educators of the world in a genuine spiritual fellowship; 2. to honor women who have given or who show evidence of a potential for distinctive service in any field of education; 3. to advance the professional interest and position of women in education; 4. to initiate, endorse, and support desirable legislation in the interest of education and women of women educators.

Also, 5. to endow scholarships to aid outstanding women educators in pursuing graduate study and to grant fellowships to women educators from other countries; 6. to stimulate the personal and professional growth of members and to encourage their participation in appropriate programs of action; and 7. to inform the membership of current economic, social, political, and educational issues to the end that they may become intelligent, functioning members of a world society.

Ag. Boy Scout Troop 82 Completes 25-Mile Canoe Trip

On June 2nd, 3rd, and 4th, Agawam Boy Scout Troop 82 participated in a 25-mile canoe trip on the Connecticut River. The trip started in Fairlee, Vermont and finished in Hanover, New Hampshire on Sunday, June 4th.

There were 36 scouts and leaders who participated in this canoe trip. This inter-council troop event included Amherst Troop 510, Granby Troop 306 (both from the Great Trails Council), and Agawam Troop 82 from the Pioneer Valley Council. All scouts slept in Adirondack Shelters the first night and camped out in an open field the second night. All scouts were responsible to pack their own canoes with all the proper gear, water, and food that would be needed for the trip.

Each canoe was carefully packed to insure proper balance and all gear was waterproofed. Scouts observed hawks, moose, and other wildlife, while some fished during the trip. Before dinner, most scouts swam in the river to cool off after a hard day of canoeing. During this weekend of canoeing, all the boys had fun and realized the importance of their scouting skills.

The following boys canoed for the weekend: Eric McLaughlin, Star Scout; Steven Iacolo, Star Scout; Stephen McLaughlin, Star Scout; Kendrick O'Connor, Scout; Andrew Jensen, Second Class; Eric Jensen, Second Class; Danny Smith, Scout; Mike DeChristopher, Scout.

These boys were bravely accompanied by five adult leaders: Paul Jensen, Scoutmaster; Mark McLaughlin, Rob O'Connor, Mario Iacolo, and Tom DeChristopher. This was a fantastic trip and everyone had lots of FUN!!!

Eric Ranstrom Attains 4.0 At WSC

Erik J. Ranstrom of Feeding Hills earned a 4.0 grade point average for the spring semester 2000. Erik is a history and secondary education major, and

he is a 1998 graduate of St. Mary High School. He is the son of Barry and Rosemary Ranstrom.

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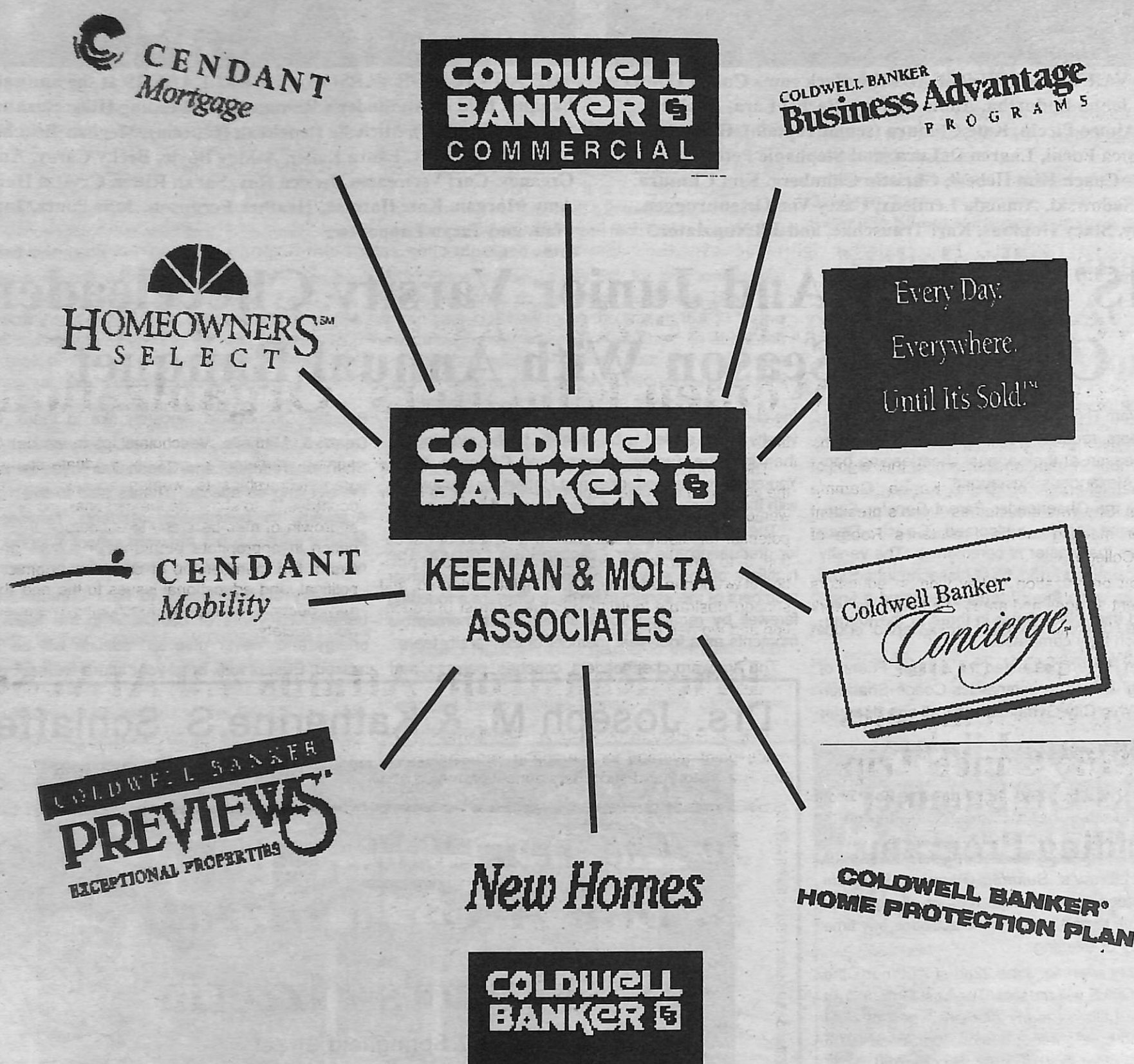
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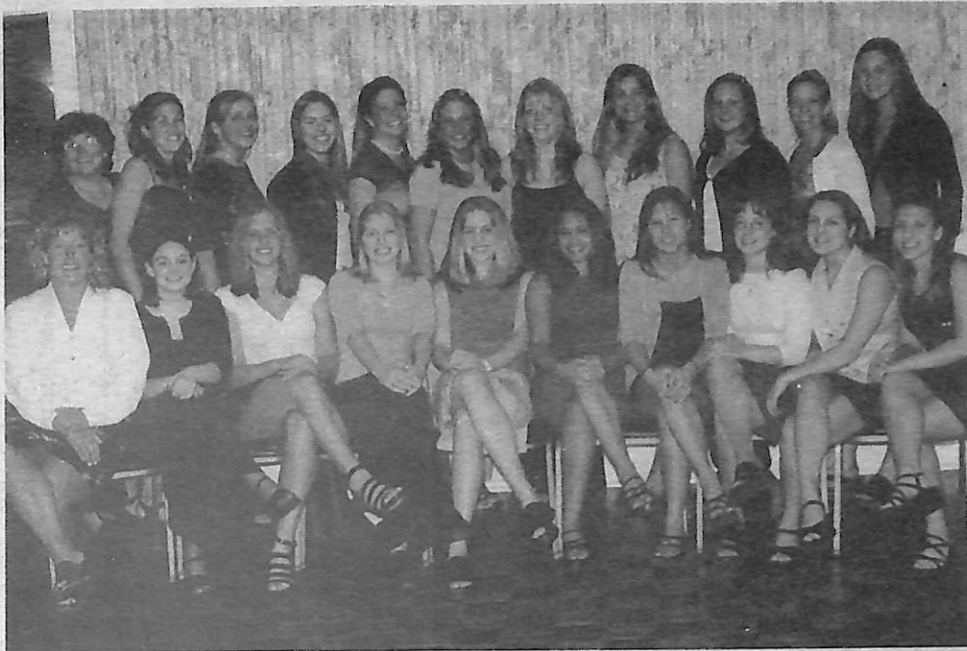


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THE AHS VARSITY CHEERLEADERS: Back row - Coach Donna Bodurtha, Jenna Bodurtha, Annie Shibley, Rachel Lara, Ashlee Lorraine, Aimee Piccin, Kate Chmura (senior captain), Bianca Chase, Jessica Forni, Lauren DeLuca, and Stephanie Pettazzoni. Front row - Coach Kim Hebert, Christin Cilimberg, Kim Chmura, Stephanie Sadowski, Amanda Lemieux, Casey Von Ossenbruggen, Linda Kelly, Stacy Hopkins, Kari Trauschke, and Jill Nunziato.



THE AHS JUNIOR VARSITY CHEERLEADERS at the annual banquet held at Alexander's Restaurant in Feeding Hills: Suzanne Svadeba (captain), Michelle Depelteau (captain), Meghan Beachene, Megan O'Krongly, Laura Keller, Ashley Boyle, Becky Carey, Andrea Greaney, Cori Verteramo, Jessica Roy, Sarah Ritter, Crystal Hersey, Amy Morgan, Kate Horniak, Heather Ferguson, Julie Pontz, Jodie Pfau, and Taryn Laponese.

AHS's Varsity And Junior Varsity Cheerleaders Celebrate Season With Annual Banquet

The Agawam High School varsity and junior varsity cheerleaders recently celebrated an enormously successful season at their annual cheerleading banquet held at Alexander's Restaurant.

Hosted by the Cheerleader Parent Booster Club, the girls once again welcomed Coach Dean Vecchiarelli as the master of ceremonies. The varsity team was recognized for its first Massachusetts State Championship, while the JV team celebrated a first-, second-, and third-place finish in three of the tournaments in which they competed.

Coach Kim Hebert presented the annual "Friend of Cheerleading" award to gymnastics Coach Shannon Tedesco of Whip City Gymnastics for all she does for

the cheerleading program. The junior members of the varsity team added a bit of levity to the evening by thanking the family members of Coaches Ellen Yourous, Donna Bodurtha, and Hebert for "putting up with them" throughout the long cheerleading season.

The rest of the night was dedicated to the only senior graduating this year - captain Kate Chmura. The highlight of the evening came when the nine junior members of the varsity team gave Chmura a touching farewell by recalling some of her most memorable moments as a four-year member of the varsity team.

The Agawam cheerleaders, coaches, parents, and

Booster Club would sincerely like to thank Coach Dean & Michelle Vecchiarelli, gymnastics Coach Shannon Tedesco, and Coach Dan Pryce for making the evening so special. Thanks also to the Town of Agawam, its businesses, residents, families, and friends, and also the Agawam school system, which never fails to support the cheerleading program.

A very special thanks to Kate Chmura for four tremendous years of dedication to the team. Your energy and "never give up" attitude will be sorely missed. Best of luck in all your future endeavors.

Agawam Library Kicks-Off Summer Reading Program

Agawam Library's Summer Reading Program started Wednesday, June 14th. Kids of all ages can start signing up to participate in the activities any time during the day or evening.

On Thursday evening, June 22nd at 7:00 p.m., the PUPPET PEOPLE will present "The Last Dragon," an original show utilizing many different types of puppets, including an eight-foot dragon. Kids need to be aged four and older to sign up for the program.

Storyteller Debby Cuthbert will perform on Tuesday, June 27th at 11:00 a.m. with interactive stories for kids age three and up.

PRE-REGISTRATION IS REQUIRED FOR BOTH PROGRAMS, EITHER IN PERSON OR BY CALLING THE LIBRARY AT 789-1550.



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*From The
AHS Guidance
Office...
by Judy Cohen
Agawam High School
Guidance Counselor*

A Father's Day Message

Often I am behind a car that has a bumper sticker that asks the question, "Have you hugged your child today?" Each time it gives me pause and I begin to muse just how important it is to show your child affection, to let him know not just with words how special he is to you.

I still remember the time a young man came into my office and was very upset with his father. It seems they just never got along. Dad had remarried, had children with his new wife and this boy, his son, felt slighted, unwanted, and hurt. Yet, did Dad know this? Had his son shared his feelings with Dad? Through some probing, I learned that Dad did not really know his son's feelings; a matter of fact, both never communicated that much.

A telephone call was made. Dad came into my office the next morning. The son was there, too. Always noticing body language, I was struck by theirs. Dad took a chair and moved it to one side of my office; his son took a chair and moved it to the other side. There they sat, separated like two islands.

We spoke for a while and I elicited responses from each one. Finally, noticing the lack of eye contact that each had for the other, I asked the young man, "Does Dad ever hug you? Does he ever put his arms around you and tell you how much you mean to him?" He

squirmed in his chair, shook his leg, put his head down, and then I noticed that his shoulders were shaking.

With tears streaming down his face, he looked up at me and quietly said, "No." I glanced at Dad, who had begun fidgeting and was clearly agitated. A large man, he suddenly looked small to me. With pain written on his face, Dad said in a subdued tone, "I had no idea my son was feeling this way. I mean, I do hug the girls, but my own folks never hugged me, just my sisters, so I guess I just never thought about hugging him."

And then with a catch in his voice, he looked over at his son and simply said, "I'm sorry." I waited, glued in my seat. It was so quiet I could hear the clock ticking. Dad looked at his son; his son looked at him. Dad slowly arose from his chair, walked over to his son, and put his arms around his son. Holding his son tightly, Dad felt his son returning the hug. Both had tears in their eyes, but they were tears from feeling good.

After that meeting, I am happy to say, things dramatically improved. The boy realized that Dad loved him as much as he loved his half-sisters, even though he had never visibly show it or verbally expressed it. Both learned how important it is to communicate feelings, to actually show how you feel. Often, a good hug is worth a thousand words.

On Father's Day, or any day for that matter, you fathers out there, do some soul searching. Have you shown your kids how much they mean to you? Have you, through your actions, invited them to show you how they are feeling, or, through your aloofness, have you kept them at arm's length? Children need to know that they are loved; it is not a sign of weakness for you to do this. So I ask you to think about this. Have YOU hugged your child today? Years ago, in my office, Dad and his son did, and what a difference it has made!

A very Happy Father's Day to all you Dads.

Dean's List Pupils Named At STCC

Area residents who have been named to the Dean's List for the spring 2000 semester at Springfield Technical Community College have been announced by Executive Vice President/Academic Affairs John H. Dunn.

Agawam residents named to the Dean's List are Heather Adams, Michael Aloisi, Kataryna Biskup, Shawn Czepiel, Hassan Deni, Susan Depelteau, Chris Duby, Mark Engleman, Alan Kinsley, Debra Kolnicki, Toni Loguidice, Michelle Moberg, Vera

Nosikova, Brenda Ober, Parul Parekh, Jamie Pavelcsyk, and Kara Seibold.

Feeding Hills residents named to the Dean's List are Brett Demers, Lauren Hurd, Kyoungmin Lee, Kimberly Linares, Laurie Lyman, Jamie Sternowski, and Charles White.

Agawam Schools' Weekly Lunch Menu

Monday, June 19th: Steamed frankfurt in roll, Boston baked beans, oven potato rounds with catsup, chilled fruit cup, milk.

Tuesday, June 20th: Half day of school (no lunches served).

HAVE A GREAT SUMMER VACATION!

Area Students Earn Athletic Awards At Suffield Academy

Last month at Suffield Academy, the following area students were honored with varsity letters at an Athletic Awards Assembly:

Brandon Orsatti of Agawam (boys' lacrosse); **Cathleen Evans** of Agawam (girls' lacrosse); and **Katherine Kilrain** of Feeding Hills (girls' tennis).

Nicholas Petrangelo Honored At Wilbraham & Monson

Nicholas Petrangelo, son of Frank & Margaret Petrangelo of Feeding Hills, was named to the honor roll all three marking periods at Wilbraham and Monson Academy's Blake Middle School.

He also received a Special Certificate of Merit for outstanding achievement in the Introduction to Latin Exam at the Academy's prize assembly on May 27th.

JUST ONE WEEK AWAY: Our annual "Graduation Issue" will be published next Thursday, June 22nd, featuring coverage of AHS and collegiate graduates and this year's scholarship recipients...

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Spring Cleaning!



LAST MONTH, Den 1 of Pack 75 was hard at work cleaning up around the power lines outside of Robinson State Park and at the end of Colemore Street. This group of hard-working young men are working towards their conservation award. Front row: Andrew Cayer, Cody Smith, Nicholas Boucher, John Tortoriello, Mark Frazier, and Tabitha Dintzner. Back row: Daniel McKenney and Christopher Petropoulos. Also in attendance were leaders Heidi L. Dintzner and Sue Cayer, and aid Ray Sills.

Rebecca Dempsey Earns Lacrosse Honors At MacDuffie School

The MacDuffie School, Ames Hill Drive, Springfield, honored 10 student-athletes at the school's spring sports awards ceremony on Thursday, June 1st.

Among the 10 students honored was Rebecca Dempsey of Agawam, named Most Improved Player for the girls' varsity lacrosse team.

The MacDuffie School is an independent, coeducational, college-preparatory school for students in grades six through 12 on Ames Hill Drive in Springfield.

LEGAL NOTICE

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TOWN OF AGAWAM

AGAWAM CONSERVATION COMMISSION

The Agawam Conservation Commission will meet on Thursday, June 22, 2000 at 7:00 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, Mass. The purpose of this meeting will be to hear the Request for Determination of Applicability of Lombardi for property at 119 Autumn Street

By Order of Henry A. Kozloski, Chairman
Agawam Conservation Commission

Published: June 15, 2000

AIC Slates Day Camp Basketball

American International College will be hosting a day camp for girls' basketball players on July 31st through August 4th from 9:00 a.m.-4:00 p.m.

The camp will be for girls entering grades five through 12 and will specialize in improving one's shooting skills.

The camp will be held in AIC's Butova Gymnasium. In order to register or receive a brochure, please call Head Women's Basketball Coach Peter Cinella at (413) 747-2093.

Patricia Olson Of Feeding Hills Receives Awards At Rutgers

Patricia Olson of Feeding Hills, a 1997 graduate of Agawam High School, recently received several awards for her academic and athletic achievements at Rutgers, The State University of New Jersey.

Patti attained the Dean's List for five semesters and accepted into the School of Business Majoring in Accounting at Rutgers. She received notification that she was the Scholar Athlete for the women's swim team and received the Scholar Athlete Award at an awards banquet in February. She maintained the highest women's GPA as a member of the Rutgers Swim Team with a 3.90 GPA.

On March 31st, Patti was inducted into the Beta Alpha Psi Honor Society at an induction ceremony held at the Hyatt Regency in New Brunswick, New Jersey. Patti was elected by her peers as treasurer of the society for a one-year term.

As a member of the Lady Knights, Patti competed at the conference swim championships at the Goodwill Games Center in Long Island, New York against such teams as Notre Dame, Syracuse, University of Miami, University of West Virginia,

UConn, St. John University, and Boston College. She placed sixth in the 400 Individual Medley; seventh in the 200 Individual Medley (which was good enough to break the school record), and 15th in the 200 Breaststroke, and attained personal best times in each event.

The Lady Knights were outstanding at Big East, placing second in the conference, besting their 1999 effort by seven places. The Scarlet Knights swim team held their awards banquet at the Cook Douglass Neilson Hall on April 14th. Patti received her third letter award and was elected by her teammates to serve as co-captain to lead the ladies' swim team to victory for the 2000-2001 season. She will continue her swim program by training with the Massachusetts Aquatic Club coached by Dave Dembowitz.

Patti was recently selected to work in a 10-week internship with the international accounting firm of Deloitte and Touche in their Parsippany, New Jersey office. Patti is the daughter of Bob and Cindy Olson and sister of Timmy Olson, who are very proud of her accomplishments.

Local Students Named To Dean's List At Quinnipiac

The following Feeding Hills residents were named to Quinnipiac College's dean's list for the Spring 2000 semester: Julie A. LaFlamme, Melissa A. LaFlamme, Cheryl L. Lanier, and Rebecca J. Wing.

Quinnipiac is a private, coeducational, non-sectarian institution 90 minutes north of New York City and two hours from Boston. Quinnipiac enrolls 4,000 undergraduate and 2,000 graduate students in business, health sciences, law, liberal arts, education, and communications.

On July 1st, Quinnipiac will change its name to Quinnipiac University to better reflect the wide variety of graduate programs it offers. For more information, please visit www.quinnipiac.edu.

Locals Honored At Bentley College

The following area students have been named to the Dean's List (for outstanding academic achievement) and the President's List (for extraordinary academic achievement) during the spring 2000 semester at Bentley College:

* DEAN'S LIST: Todd Jorgensen of Agawam, a junior finance major; Lindsay Mason of Feeding Hills, a freshman business communication major.

* PRESIDENT'S LIST: Adam Kimball of Feeding Hills, a junior finance major.

To be named to the Dean's List at Bentley, a full-time student must have a grade point average of 3.3 or higher, with no course grade below 2.0 during the term. To be named to the President's List, a full-time student must have a grade point average of 3.7 or higher, with no course grade below 3.0 during the term.

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MRS. LAURA LEWIS' Room 5 class at James Clark School. Advertiser News photo by Kathy Shepard.

"What I Would Like To Do Someday..."

From James Clark School -Mrs. Laura Lewis' Grade 2 Students

In conjunction with our Social Studies unit entitled "We All Work Together" and with career awareness day, our class wrote about what they would like to do someday.

Someday I want to be an artist because I enjoy drawing and illustrating. I'll paint pictures and sketch pictures. When I draw, I concentrate a lot. One of the things I will draw is a bird.

Kyleigh Oliveira

Someday I want to be a policeman and help solve people's problems. If somebody steals money or robs a bank, I will arrest them because they did something wrong. I will arrest them if they hurt somebody or if they steal something at the store.

Scott Williams

Someday I want to be a snake studier because snakes are very interesting and I like things that slither. I would catch snakes. Snakes are not slimey. They are very dry.

Ian Lewis

Someday I want to be an astronaut because I like the planets and I want to see the Solar System. I want to be the first person on Venus. I might see how big an asteroid is, but I don't want to be in an asteroid field.

Michael Beaulieu

Someday I want to be a writer because I like to color and write. Many people in my family like my books because I put a lot of work in my stories. I have made 15 stories in my life so far.

James Paleologopolos

Someday I want to be a park ranger because I like nature and I want to help save the rain forest. Our resources and our surroundings need to be kept clean and well taken care of.

Carley Pelletier

Someday I want to be a doctor because my brother was in the hospital and I want to help people. I would help everyone I see. If they were in danger or hurt, I will help them get better.

Sarah Torrey

Someday I want to be a teacher because I want to teach other kids to do math and reading and spelling

and teach them to do time.

Chelsea St. Laurent

Someday I want to be a teacher like mine (Mrs. Lewis) because I like to correct papers and I love to teach. I mostly like to read to them. I love teaching math. I want to teach because mostly I love kids like me.

Caitlin Frazier

Someday I want to be a doctor because I can give people medication if they are sick. I could give them medicine if they have the flu.

Brittany Duquette

Someday I want to be an artist because I like drawing. I like coloring and every time I do it I get better. I would draw and color pictures for people, especially for my family.

Samantha Abraham

Someday I want to be a teacher because I like to play school a lot. I always want to be the teacher, and I would teach kids new things every day.

Sara Jensen

Someday I want to work at the airport because my mom works at one and she says it is fun to do. I can meet new people at my desk. What will I do in my job? I will give people tickets.

Katherine Fife

Someday I want to be a vet or a marine biologist because I love animals and fish. I want to help them. If I was a vet or a marine biologist, I would be doing a good thing by helping animals or fish.

Kaitlyn Douglas

Someday I want to be a sports player because I am very good doing sports. I want to be in a movie so people will have to pay me a lot of money and I will be rich.

Michael Meunier

Someday I want to be a professional basketball player because it is my favorite sport and I have fun while I play and it's cool.

Sean Meade

Someday I want to be a policeman because I like to arrest people that do bad things like stealing or robbing a bank. People save up all their money and put it in the local bank. I would stop anyone who robs it.

Kenneth LaFleche

Someday I want to be a singer because singing is fun to do and when you sing you can dance. After a few weeks, I will be on a two-hour tour. Then I would go all around the world.

Caitlin Sugrue

Someday I want to be a dog trainer because I like dogs. A dog trainer is a person who helps dogs to be good and to have good manners. I think I would be a good dog trainer.

Amber Fink

Someday I want to be a chef because you can make your own food and you can invite anybody in your family to your restaurant and you can work with nice people.

Brianna Janicki

Someday I want to be a football player because I played pee-wee football and I liked it. All year long, we were undefeated. At the end, we got a trophy. It had a football player with a shiny mirror in the back.

Tyler DeVoe

Someday I want to be a baseball player because I really like baseball. I play baseball. My position is shortstop. My first practice is tonight after school.

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Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!



Sports

WMass. Division I Lacrosse...

Lancer Girls Too Strong For Brownies, 10-3

by Dave Rollins

Sports Editor

The Agawam High girls' lacrosse team traveled to Longmeadow High for a semi-final Western Mass. playoff game against the top-seeded Lancers (16-0-2) and came home with a 10-3 loss tacked onto the end of their season. Agawam finished up at 10-7.

Playing Longmeadow anywhere is tough. But in front of their home fans, things get almost impossible. The score stood at 1-0, hosts, after seven minutes because the Brownies, pumped to be in the playoffs, pulled off some good defense, led by senior Laura Reveruzzi and senior goalie Mary-Elizabeth Dupelle.

Two minutes later, after another heads-up Dupelle save, the rebound came out and went into the Agawam net, giving Longmeadow a 2-0 lead. The Lancers were spending way too much time in the Brownies' zone at this juncture. Good efforts by sophomore Jenna Shea and Amanda Sternowski, plus a strip by senior Sheri Benton, enabled Lauren Kida, Becca Nacewicz, and Sara Gregory to start an Agawam attack.

A Chance For The Brownies

With 7:30 to go, the Brownies had a chance. Sophomore Alison Nowell set up behind the Lancers' net and looked for the cutter. Several came through, but the Longmeadow defenders marked them well. The Lancers got the ball to their attackers and the result was the third Lancer score with 6:50 left.

In the first half, no matter how hard Agawam worked to penetrate the Longmeadow zone, the Lancers had an answer. Melissa Martinelli, who would have four goals in the game, got her second on a bouncer from 15 feet on the left point with 2:40 to go to make it 4-0.

Longmeadow, on the shooter and jamming up the passers, saw Martinelli score once more at 1:15 and just like that, Agawam was in a 5-0 halftime hole and that was very big to climb out of.

Agawam had three first-half shots on goal. The Lancers answered with eight.

The Brownies had to pick it up in the next 25 minutes. High-scoring senior Ann Paquette and Sarah Prussman had a chance with 2:10 gone. But they were robbed on a good save by Longmeadow goalie Molly Dullea.

After that, Longmeadow took up residence again in Agawam's zone, finally working the ball 10 feet in front with 4:05 off the clock, where Leah Skypeck would score her second goal, making it 6-0, Longmeadow.

No Quit In These Girls

There was no quit in these Agawam girls, especially (attacker) Ann Paquette. Number four took it up on a midfield rush, cut behind the Lancers' net, came out on the right, and scored.

As so often happens in lacrosse, one score seems to lead quickly to another, which was the case. A minute later, Katie Bragdon bounced it past Dupelle and the Brownies were peering at the short end of a 7-1 score.

It was becoming obvious by now, that no matter how much fight there was in the Brownies, Longmeadow wasn't undefeated and a favorite to win WMass for nothing. With 13:54 to go, the hosts made it 8-1.

Senior Sheri Benton, playing in the final game of her career, popped one past Dullea with 10:45 left. Two minutes later, after Agawam had enjoyed an attack by senior Kate Shannon, Nowell, and Sternowski, Longmeadow was back in business for its ninth goal of the game.

Down 9-2, Agawam was searching for an answer, but Martinelli got her fourth at the 7:28 mark to make it 10-2.

Paquette scored her second and Agawam's third with 3:24 left in the game on a shot 15 feet in front. It was her second tally of the game and ended an outstanding career for her at AHS. The Lancers, content to play defense for the duration, rode out the clock.



MARY-ELIZABETH DUPELLE

Profile...

Mary-Elizabeth Dupelle: Guarding The Net For 4 Years

by Dave Rollins

Sports Editor

If you are a fan of Agawam High School sports, you probably think Mary-Elizabeth Dupelle has been around forever.

Well, the lacrosse star has been a varsity starter for four years, so no wonder it seems that way. Recently, the senior took some time out to talk about herself and her days as a Brownie.

Mary-Elizabeth is 18 years-old. She has been a student/athlete at AHS for all four years of her secondary education. Mary-Elizabeth graduated last

SEE DUPELLE -Page 43

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DUPELLE - from Page 42

Sunday, June 11th. The final semester saw her taking AP English, honors physics, honors calculus, U.S. history, journalism, and yearbook (where she was the layout editor).

Mary-Elizabeth is a member of the National Honor Society and the Renaissance Club. She is also a member of Quill and Scroll (the journalism honor society) and is president of Interact, which is the student government's liaison to the Agawam School Committee.

Arthur Gage (physics) is her top teacher. Honors physics was her favorite course.

Mary's destination this fall will be Sienna College in Londonville, New York. She will major in political science and hopes someday to become a lawyer. Also, she plans to play lacrosse for the Division I school.

Field hockey and lacrosse were her sports at the High School. She was a first team All-Western Mass. in lacrosse as a goalie last season. In field hockey, also as a goalie, she was second team All-Western Mass. and was All-League as a junior.

She says both sports were equally enjoyable, with each having its own strong points.

Her most memorable moment in lacrosse came when she first stepped into the goal as a freshman. Her field hockey memory came in 1998 (her junior year) when she stopped a penalty shot against East Longmeadow to win the game.

Agawam girls' lacrosse (10-6, number 5) made the playoffs again this year. They fell to top-seeded Longmeadow High, 10-3, in the opening round over there. Longmeadow, a lacrosse power in the region, topped the Brownies twice during the regular season, but the locals certainly gave a good account of themselves. Mary-Elizabeth had this take on the team: "This game is mostly mental. And we've done very well in that department. We have a lot of confidence in ourselves. We pass well and can score on anybody."

Plus, with 10 seniors on the team, we brought a lot of experience into this season."

Her favorite food is her mom's macaroni and cheese.

Green is her favorite color. But Agawam orange also rates right up there, according to her.

Mary-Elizabeth really isn't into cars and says her favorite ride right now is her Ford Tempo.

She likes to kick back with her friends. "We tend to rotate around to each other's houses," Mary-Elizabeth smiled.

Her choice in clothes goes from jeans and khakis to dresses. She buys them at A&F and Old Navy. Her job at Six Flags, which she has had since last year, helps pay for those duds.

She likes every type of music, but Dave Matthews is her favorite. She has seen the band twice in concert and will see them again at the end of August, when they come to The Meadows in Connecticut.

Dawson's Creek is her top TV show. Ten Things I Hate About You is her favorite flick.

Chris is her mom. Joe is her dad. "Both of them have seen every field hockey and lacrosse game I've played in my high school career," Mary noted. She has a brother, Joe (21), who is a graduate of AHS.

She looks up to her entire family. "They all affect me and I try to learn from them."

Asked about how she hopes folks at AHS remember her when she's gone, Mary-Elizabeth said, "I would like to be remembered when my days at Agawam are finally over as someone who was determined and did everything with all my heart, not only athletically, but scholastically as well."

Lacrosse Coach Cindy Grieve had this take on her all-star. "Mary-Elizabeth is maybe the most unselfish kid on a team of unselfish kids. For Mary, her teammates come first. We've been in the playoffs four years in a row with her in goal for us. She has contributed greatly to this program."

AHS Bows In Baseball Semi-Finals, 10-9...

Panthers Edge-Out Brownies In Exciting Game

by Dave Rollins
Sports Editor

Last week, the Agawam High boys' baseball team, after beating Westfield and top-seeded Longmeadow, were but one game away from playing for their second consecutive Western Mass. crown.

They had to get by always formidable Cathedral in a night game at Holyoke's MacKenzie Field. Well, the Brownies didn't get by the Panthers and not for lack of runs (maybe just lack of luck), losing to the eventual Western Mass. champs, 10-9. The two schools had split their two regular-season meetings, and each was a barnburner of the pitching duel variety.

The Panthers scored three in the bottom of the first off starter Marc Barcomb and it stood that way until the Agawam fifth.

The Brownies then came alive. Jack Pearson doubled to right-center. Senior Brian St. Jean then just missed a homerun when he hit a monster double off the rightfield fence to score Pearson. Shortstop Brandon Donovan reached on a shortstop error, sending St. Jean to third.

First baseman Tony LeClair grounded to third and the runners held. Senior Derek Mercadante rapped a roller to second, allowing St. Jean to cross the plate and Agawam trailed, 3-2.

Barcomb seemed to be cruising and his mates helped him do a bit more of it when they scored three more in the sixth. Freshman Matt Rheault lined out to third. Catcher Corey Federico drew a walk, prompting Coach Peter Clark to say later, "Corey doesn't have the greatest of averages, but he has a knack of getting on base." Speedy centerfielder Aaron Gilbert popped to the pitcher for the second out.

SEE BASEBALL - from Page 44

JUST ONE WEEK AWAY: Our annual "Graduation Issue" will be published next week - Thursday, June 22nd...

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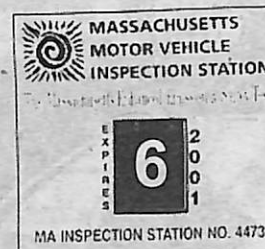
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BASEBALL - from Page 43

A Pearson single to center saw runners on first and second. St. Jean walked, loading them up. Donovan singled to right and Federico scored. The bases were still full when LeClair stalked to the plate. The junior lofted a towering fly down the leftfield line. The ball was so high, it went above the light towers and when that happens in that part of MacKenzie, no one can see the ball, including the leftfielder. It dropped untouched to the grass. Pearson and St. Jean, running with two down, scored easily on the LeClair double, giving the Brownies a 5-3 lead.

Cathedral would score two in the bottom of the sixth to tie it at five. At that point, Barcomb was given the towel. Junior Ben Lapins came in to put out the fire.

Agawam would take the advantage again in the seventh. Lead-off hitter Brian Chechile walked. Senior Scott Harlin then came in to pinch run. Rheault, trying for a sacrifice bunt, ended up with an infield single and there were Brownies on first and second with not an out anywhere. Federico laid down a sacrifice bunt advancing the runners to second and third. Gilbert grounded to short and Harlin came home. Pearson got his third hit, a single, scoring Rheault.

Cathedral wasn't intimidated being on the light end of a 7-5 score. Four runs in the bottom half of the seventh saw them back on top, 9-7. They would score

their final run in their half of the eighth, leaving it up to the Agawam offense to answer the challenge.

They almost did. Federico, leading off, ran the count to 3-0, then struckout. The final pitch to him was a questionable call and it would come back to haunt Agawam. Gilbert walked. Pearson popped to second. St. Jean hung in and singled to left, putting Brownies on first and third.

In the stands, the faithful were still grumbling over Federico's fortunes. Donovan ran the count to 3-2, then doubled to center, driving in Gilbert and St. Jean. If Federico had been on, things would have been tied at 10.

Hope Springs Eternal

But hope springs eternal. Donovan was on second. LeClair, who'd singled twice, doubled, and tripled (4-4), was up. "What the heck? With what he'd done on the night, we figured he was hot," Assistant Coach Brian Rheault commented afterward. This time, LeClair, taking a big cut, lined a hard shot to second and it was over, and the Panthers escaped what had been a great game to watch.

Agawam would end up 14-9. Cathedral would go on to win the Western Mass. title three days later with a 5-4 win over Holyoke.

"It was an exciting game with both teams mounting comebacks. I think the fans got their money's worth in this one," Clark said.

Melconian Charity Golf Tourney Set For Aug. 21st

State Senator Linda J. Melconian's Eighth Annual Charity Golf Tournament will take place Monday, Aug. 21st at the Crestview Country Club in Agawam, benefiting Hampden County services for battered women and their children.

Golfers are invited to sign-up a foursome to hit the links for a good cause. The event features a lunch at 11:00, a noon shotgun start, and a barbecue dinner at the course. Most importantly, all proceeds directly benefit Womanshelter/Companeras in Holyoke and two programs of the YWCA of Western Massachusetts (the Abuse and Rape Crisis Hotline (ARCH) in Springfield and New Beginnings in Westfield).

Each program provides free and confidential emergency shelter, 24-hour telephone hotlines, counseling, support groups, legal advocacy, information, and referrals.

Local businesses are invited to donate money or door prizes, or to participate as a tournament sponsor, or a hole/tee/green sponsor. In addition to the invaluable publicity sponsorship generates, every donation has a direct impact on the community, as 100 percent of the money raised goes directly to charity. Local business owners or golfers interested in participating should call Rosemary Sandlin (413) 785-0820 or Paige Thayer at (413) 732-3121, ext. 103, for more information.

Senator Melconian is an active and vocal advocate for domestic violence prevention programs in her district. As the Majority Leader and the highest ranking woman in the Massachusetts State Senate, Melconian is a tireless champion for women, children, and families across Massachusetts.

Agawam Little League 2000 Minor League Standings (As Of June 11th)

AMERICAN LEAGUE			NATIONAL LEAGUE		
	W	L		W	L
B&D Petroleum Red Sox	9	2	Luigi's Pizza Braves	10	1
Geissler's Supermarket Orioles	6	4	Responsive Trucking Giants	10	1
Fitness First Indians	5	6	CRW Landscapers, Inc. Cubs	5	6
Coldwell Banker Royals	4	7	Breakers Billiard Dodgers	1	10
Allen Lawnmower Yankees	3	7	Eastern Electronics & Security Mets	1	10



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Spfld. Turnverein Hosts Children's Fishing Derby

The fifth Annual Thomas Gillan Memorial Fishing Derby was held on the grounds of the Springfield Turnverein recently. There were 24 club members' children and grandchildren participating.

Trophies were awarded in the following categories: first fish caught by a boy went to **Chris Gilmore** and for the girls, to **Halle Donaldson**. The largest trout caught by a boy went to **Russell Linder** for a 13 3/4" fish. The girls were not able to snag a trout, so the largest fish caught by a girl was a 13-inch bass, by **Chloe Wojnarowski**.

The youngest boy fishing was **Dominick Zollo**, age two. The youngest girls fishing were two four-year-olds, **Emily Zollo** and **Katherine LaBeau**. Both received trophies, with Katherine being the youngest.

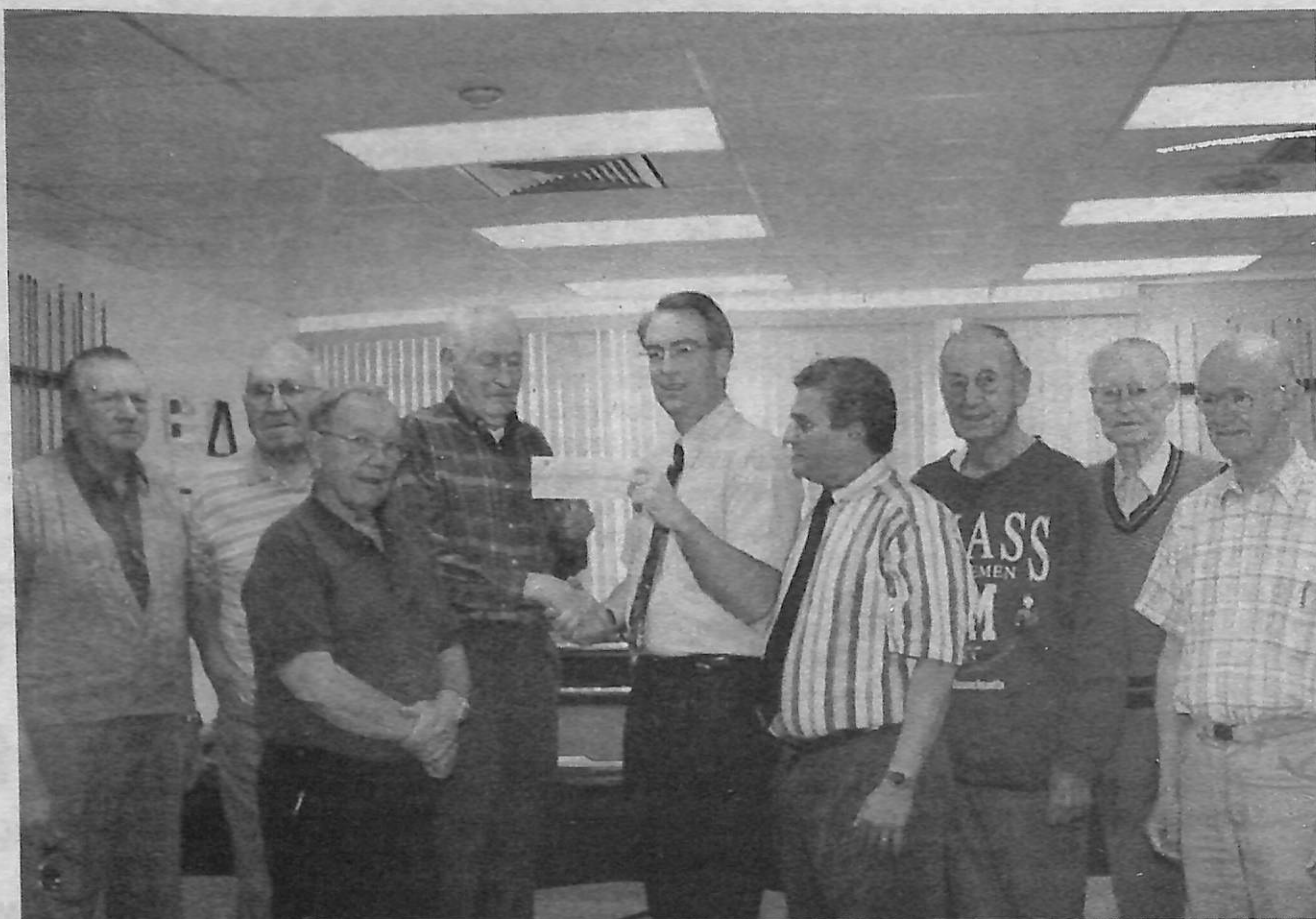
Timmy Olson Places First At Pinnacle Raceway

Congratulations go out to Timmy Olson of Feeding Hills. He placed first in the Novice Sportsman I Division of kart racing at the Pinnacle Raceway in Chicopee on Saturday, May 19th.

On May 6th, he placed third and on June 3rd, he placed second.

Timmy has been racing his white #46 kart at Pinnacle Raceway since the summer of 1999. He is the son of Bob and Cindy Olson and brother of Patti Olson, who are very proud of his racing accomplishments and wish him continued success in the upcoming race season.

Lions Club Assists Senior Center Pool Players



POOL PLAYERS AT THE AGAWAM SENIOR CENTER were given a donation from the Agawam Lions Club that helped with the purchase of two new pool tables. Pictured, from left - Joe Martinelli, Paul Martin, Jim Quinn, and Bill Case, Senior Center pool players; Christopher C. Johnson, president of the Lions Club presenting the donation; Richard Mundo, Senior Center executive director; John Balas, treasurer of the pool club; and Alex Moodie and Bob Fournier, pool players. Advertiser News photo by Kathy Shepard.

Remember, our deadline for all articles (whether they are brought to our office, mailed in, or faxed to us) is each Tuesday at 12:00 noon.

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Brownies End Season With Loss To Holyoke

On May 25th, the Agawam High School's girls' varsity tennis team concluded its 2000 season with a 0-5 loss to Holyoke High.

In first singles, Kaitlin White fell to Andrea LuBold, 0-6, 3-6.

According to Coach Mary Wolochowicz of AHS, "Andrea was one of the top-seeded players in the Western Mass. Individuals in May. Although the score didn't show it, Katie played one of the best matches she has played all year. The points were outstanding."

Liz Stieg, in second singles, was dominated by Antonia Kleinschmidt of Holyoke, 0-6, 0-6.

"Liz was just outplayed," admitted the coach. "Antonia hit the ball hard and hit the ball accurately. Liz scrambled all over the court, but she couldn't keep up with the shots."

Jen Leupo lost to Stephanie Joyce, 1-6, 1-6, in the third singles slot.

"Stephanie is the third of Holyoke's experienced team members that earned them first place in their league," remarked Wolochowicz, adding, "Jen, in her first year of playing tennis, was no match for Stephanie's great play."

In first doubles, AHS's Kelly Webb/Jen Jutte couldn't do much against the Holyoke tandem of Alissa Welch/Dana Davignon, 1-6, 2-6.

"Kelly and Jen had a tough time against a very strong team," stated Wolochowicz. "Again, this was one of the best doubles teams in the Western Mass. tourney. Kelly and Jen had a good record in our league, but Alissa and Dana kept them thinking."

The second-doubles duo of Brittany Shields/Emily Morton faced Holyoke's Meg Anderson/Kaitlyn Mooney, 6-4, 3-6, tie-breaker (3-7).

Day Camp To Host NBA Coaches & Scout

Basketball World will conduct basketball day camps at Suffield Academy, August 7th-11 and at Suffield Conference Center, August 14th-18th.

The day camps, which are for boys and girls ages seven through 17, are under the direction of Toronto Raptors' Advance Pro Scout Paul Wissel and Detroit Pistons' Assistant Coach Scott Wissel. Special Guest Instructor at the camps will be New Jersey Nets' Assistant Coach Hal Wissel.

"We give campers the same teachings we give NBA players," said Hal Wissel. "We work with players of all ages and abilities who love basketball and want to become better."

Teachings focus on basketball fundamentals and building the players' self-confidence. "The most important thing to teach campers is confidence," emphasized Paul Wissel. "If you're confident and believe in yourself, you'll be a success, not just in the game of basketball, but in life itself."

Basketball World has been running camps and clinics across the country for more than 25 years. For a brochure and more information, call toll free 888-812-5452.

"Brittany and Emily won the first set, but it seems they put so much into the first set, they just couldn't hold on," said the coach. "The match lasted forever. The last set was played as a tie-breaker because everyone else had finished and the match was already decided."

At the end of the contest, Wolochowicz commented on the 2000 season: "Overall, we were 7-10; in our league, 7-5. We ended up right in the middle of our league, which was about where we expected to be. Over the summer, it is so important for the girls and the boys to PLAY. You can only improve when you play." She added, "There are clinics and lessons available, both group and private, that the kids need to take part in. You cannot progress as a player or as a team if you play from March to May. I have really tried to stress the need to keep playing this year, as there was little if any playing in the off-season this past year."

Women's Softball To Challenge WestSide

The Agawam Women's Softball League will challenge the West Springfield Women's Softball League in the first-ever All-Star game between these two leagues.

The game will be played Wednesday, June 21st at Agawam High School at 6:00 p.m. The teams will play a nine-inning game.

"The two leagues have never faced each other before and we are hoping to start a rivalry that will last for years," said Earl "Bumper" Donahue, AWSL Commissioner. "I know both leagues are very excited about this event."

The game will spotlight some of the best players in Western Mass. that are sure to entertain all that attend. There is no charge for admission and refreshments will be served.

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Outdoors New England

by Kent Servis
Outdoor Writer

How Many Outdoor Writers Does It Take To Catch One Fish?

Remember that politically incorrect joke of "How many ***** does it take to screw in a lightbulb?" Well, a recent outing on the Connecticut River with fellow outdoor writer Frank Sousa was about as funny.

Frank is the dean of outdoor writers, and I consider him a good and dear friend. We both love to fish and for several years we had been planning on going out for stripers together, but something always came up to delay the plans.

Well, this year was different. Everything was perfect. We both had the time. The fish were here in big numbers. The herring we would use for bait were abundant. The weather was perfect. The moon phase was just right.

Now add two outdoor scribes who can go fishing and call it work. Blend in close to 100 years of combined fishing knowledge (Frank has seniority in this department). Throw in some of the latest in hi-tech fishing tackle and accessories. And what do you get?

You guessed it ... the formula for disaster!

All week long, the fish were cooperating and I was anxious to get Frank into some quality stripers here on the river. Frank is an accomplished striper fisherman and fishes them hard from his summer residence on the Cape. But this was a little different. Stripers just 10 minutes from home were a real novelty.

Pulling into one of the backwaters and catching some herring on light spinning tackle, we filled the live well with enough herring to last for at least 20 minutes of hot striper action. Always the optimist I guess, figuring I could get Frank into some cow bass almost immediately. It seemed like an eternity passed and none of the promised stripers were cooperating.

Finally on one drift past the "secret hole" just downstream of Jones Ferry Marina, we both hooked up at the same time.

What followed was enough to make the two "seasoned pros" look like rank amateurs (or at least candidates for a remake of "The Two Stooges Go Fishing.")

Our fish were going in different directions. Frank's headed downstream while mine headed upstream. In the process, they managed to weave our lines together in a tighter braid than most line companies could produce.

The two-alarm fire drill that followed was enough to bring tears of laughter. The two fish wound the twisted lines around the prop of the motor, and neither of us came up with anything except the frayed and severed evidence of chopped line.

I had a perfect record this season of getting my guests into fish, and I was not about to break that

streak. (Especially when Frank Sousa had the power of the press and a story deadline on his side.)

Frank was supposed to leave for the Cape that afternoon, but I wouldn't let him. Just one more spot to try!

Persistence finally paid off, as we both could feel the time pressure. Frank's wife, Char, was waiting to leave for the cottage and I was waiting for that "one more chance at redemption."

Frank's rod bowed with the weight of a Connecticut River striper, and the feisty two-foot fish came to the net. The healthy-looking linesider was returned to the water, and the two fishermen returned to the reality of the world (with reputations intact).

AGAWAM SPORTSMAN'S CLUB

MEMBERSHIP DRIVE

The Agawam Sportsman's Club, which is located on Corey Street Extension (off Alhambra Circle), is holding a membership drive for the month of June.

Members and their families can enjoy the stocked trout pond and participate in archery and muzzle-loader shoots. Indoor pistol range, pool tables, dart boards, special classes for the kids in archery, and BB gun lessons are available. Adult holiday parties and a whole host of things for the youngsters round out the offerings.

The family membership is only \$25. A chicken BBQ on Saturday, June 17th, would be a good time to get acquainted with the club and its members. The event is open to the public and begins around 5:30 p.m.

Check out the offerings and treat the family to a year of outdoor fun.

Golf Tip Of The Week...

by Eric Nelson, PGA
Head Golf Professional
Oak Ridge Golf Club
Feeding Hills, MA



Toss The Long Irons...

Most sets of irons sold today begin with either the 2-iron or the 3-iron and go up to pitching wedge. But

few golfers can hit a 2-iron or 3-iron consistently well, and the best thing they can do with these clubs is to find a cosy corner of a garage and stash them there.

It makes much more sense to carry a five-wood (metal is preferable and most prevalent). The club is shorter and easier to control; it has more loft and so gets the ball in the air more easily; and its wide head

pushes down rough as you swing, whereas irons tend to get snagged.

It is also useful for long approaches because it flies about 10 yards farther than a 3-iron shot and on a higher, softer trajectory, which means that it can better negotiate the hazards that typically cluster around the green.

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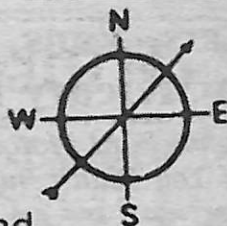
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NORTHEAST

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INSTRUCTION BASKETBALL WORLD DAY CAMPS: Learn from NBA coaches & scouts! Suffield Academy, Aug 7-11. Suffield Conference Center, Aug. 14-18. Coed, ages 7-17. Call for brochure, (888) 812-5452.

FOR SALE FOR SALE: A six-piece girl's white French provincial bedroom set. Bed, dresser, full mirror, nightstand, three-drawer piece with a separate shelf unit. \$250. Call after 5 p.m., (413) 786-4741.

FOR SALE: Pool table, 8 foot, \$1,400 or best offer (excellent condition, includes all accessories); wood-burning stove with glass door, \$50. 427-4429.

FOR RENT PROFESSIONAL BUILDING FOR RENT: 3,000 sq. ft. finished office space.

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HERE WE GROW AGAIN: Because of continued expansion, the LPVEC anticipates openings in the following communities - East Longmeadow, West Springfield, Ludlow, and Hampden/Wilbraham - for school bus and 7D drivers. If you want competitive pay (\$12.23 to \$14.87 per hour); automatic annual pay increases; paid sick leave; paid personal days; job security; flexible schedule; group health insurance (75% paid by Employer); group dental plan; state retirement; annual training; and health insurance for collaborative retirees and their families ... then maybe you should be driving for the Collaborative. To apply, call for an employment application and send with a copy of your license to: William Hearn, General Manager for Transportation Services, Lower Pioneer Valley Educational Collaborative, 180 Maple Street, East Longmeadow, MA 01028, (413) 525-6616. The LPVEC is an EEO/AA employer. Women and minorities are encouraged to apply.

ATTENTION HIGH SCHOOL STUDENTS - SUMMER WORK: We are in need of 10 dependable students to perform hand assembly work (i.e., such as gluing pocket folders); small hands are an advantage. Hours - 7 a.m. to 3:30 p.m., Monday through Saturday (until our contract is filled). \$6/hr.; air-conditioned premises. This work will become available approximately 6/28. If interested, please call (413) 789-6644; ask for Judy Holland or Mary Anne Lomma, or apply in person - Deluxe Diecut, 275 Silver Street, Agawam, MA 01001.

Call (413) 786-3077 for more info.

PERSONAL

PRAYER TO THE BLESSED VIRGIN (never known to fail)

O Most beautiful flower of Mount Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the son of God, Immaculate Virgin, assist me in my necessity. O Star of the Sea, help me and show me here you are my mother. O Holy Mary Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart, to succor me in my necessity (make request). There are none that can withstand your power. O Mary conceived without sin pray for us who have recourse to thee (three times). Holy Mary, I place this cause in your hands (three times). Say this prayer for three consecutive days and then you must publish and it will be granted to you.

B.B.

WANTED

ROOMMATE WANTED: For spacious townhouse in Feeding Hills. 2 bedrooms, 1-1/2 baths, full basement, rear deck w/large yard. \$285 mo. + 1/2 utilities. Available 9/1. 821-9502; ask for Dana.

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